

Rebuilding Trust: For Couples Committed to Recovery/#5141B

Schneider, Jennifer

Note: This is not the actual book cover

Rebuilding Trust For Couples Committed To Recovery

5141b

Matt And Laura Burton



Rebuilding Trust For Couples Committed To Recovery5141b:

Rebuilding Trust After Betrayal Brandi Minerva Hood, Rebuilding Trust After Betrayal A Roadmap for Couples and Individuals Trust is the foundation of any meaningful relationship essential for emotional connection collaboration and growth When betrayal shatters that trust the pain and devastation can feel overwhelming leaving many wondering if healing is possible Rebuilding Trust After Betrayal A Roadmap for Couples and Individuals provides a compassionate and practical guide to navigating the difficult path of recovery after betrayal whether in romantic professional or personal relationships With actionable strategies and insightful psychological frameworks this book shows how to rebuild trust in ways that are sustainable and nurturing even after deep emotional wounds Drawing from real life case studies this book walks readers through the stages of recovery from initial shock and anger to forgiveness and reconciliation Readers will find tools to improve communication set healthy boundaries and engage in trust building exercises that can strengthen their relationships over time Inside this guide you ll discover The emotional impact of betrayal and why it is so painful Psychological insights into trust attachment styles and vulnerability Step by step guidance on how to rebuild trust in different types of relationships Strategies to handle setbacks and remain committed to the healing process Inspiring stories of people who successfully rebuilt trust after betrayal Tips for finding closure and moving forward with or without reconciliation This book offers a roadmap for recovery providing readers with the tools to rebuild trust and foster stronger healthier connections in the future Trust can be restored and relationships can thrive once again with the right steps and commitment to healing Perfect for Individuals recovering from betrayal couples working to restore trust after infidelity professionals seeking to repair workplace relationships and anyone looking to move forward in their personal and professional lives

How Can I Trust You Again? Jeffrey D. Murrah, LPC, 2024-06-09 Rebuild Trust Restore Love Your Guide to Healing After Infidelity When an affair shatters the foundation of your marriage the path to healing and rebuilding trust can seem impossible How Can I Trust You Again by Jeffrey D Murrah offers a compassionate comprehensive guide to navigating the tumultuous aftermath of infidelity Drawing from years of experience in relationship counseling Murrah provides readers with the tools and insights needed to restore trust rebuild connections and find hope after betrayal In this powerful book Murrah delves deep into the emotional turmoil caused by infidelity exploring the complex layers of pain anger and doubt that both partners experience He offers practical advice and actionable steps for both the betrayed and the betrayer emphasizing the importance of honesty transparency and consistent effort in the healing process Unlock the Path to a Stronger Happier Relationship Understanding Trust Murrah breaks down the concept of trust explaining its critical role in a healthy relationship and how it can be restored even after it has been broken Through real life examples and clear definitions readers gain a deeper understanding of what trust truly means and how to rebuild it empowering them to foster a more honest and reliable connection with their partner Emotional Healing Addressing the intense emotional impact of an affair Murrah provides strategies for coping with the pain

and uncertainty By emphasizing the need for both partners to engage in open and honest communication he helps readers create a safe space for vulnerability and healing ultimately reducing anxiety and rebuilding emotional security Step by Step Guidance With detailed chapters on setting boundaries rebuilding intimacy and fostering forgiveness this book offers a step by step roadmap for couples committed to repairing their relationship Murrah s practical exercises and reflection questions at the end of each chapter ensure that readers can apply the concepts to their own lives leading to measurable progress and a stronger partnership Real Life Stories Throughout the book Murrah shares poignant stories of couples who have faced infidelity and emerged stronger These narratives offer hope and inspiration showing that while the journey is challenging it is possible to rebuild a relationship based on renewed trust and deeper connection This motivates readers to believe in the possibility of a brighter future Expert Advice As a seasoned relationship counselor Murrah provides expert insights into the dynamics of trust and betrayal His empathetic approach and professional expertise make this book a valuable resource for anyone grappling with the aftermath of an affair offering readers the confidence and support they need to navigate their path to recovery By following the essential steps outlined in How Can I Trust You Again readers will gain the tools to rebuild trust restore emotional intimacy and strengthen their relationship This transformative journey will help them overcome the pain of betrayal and lead to a deeper more resilient connection with their partner ultimately enhancing their overall well being and happiness

Rebuilding Trust After Infidelity John Dollar, 2023-12-30 Rebuilding trust after infidelity is a delicate process that demands patience transparency and genuine commitment from both partners In the aftermath of betrayal open communication becomes the cornerstone of healing The unfaithful partner must express remorse and take responsibility for their actions demonstrating a sincere desire to change Transparency is crucial with full disclosure of details surrounding the affair to rebuild a foundation of honesty Forgiveness is a gradual journey requiring the betrayed partner to navigate through emotions of hurt and betrayal Rebuilding trust necessitates consistent actions that align with words as promises alone are insufficient Both partners should engage in couples therapy to address underlying issues and develop effective communication skills Establishing new boundaries is vital to create a sense of security Rebuilding trust involves rebuilding a connection rediscovering shared values and fostering emotional intimacy Patience is key as healing takes time and setbacks may occur The process requires commitment to personal growth and understanding fostering an environment conducive to rebuilding what was broken Ultimately successful trust restoration involves a mutual effort to learn from the past cultivate a stronger emotional bond and move forward with a renewed sense of commitment and integrity Benefits of rebuilding trust after infidelity

- 1 Renewed Intimacy Rebuilding trust after infidelity opens the door to a deeper emotional connection and intimacy As trust is restored partners can rediscover the joy of vulnerability fostering a more authentic and meaningful bond
- 2 Personal Growth The process of rebuilding trust often involves self reflection and personal growth Both individuals can learn from the challenges gaining a deeper understanding of themselves and each other This growth can lead to a more

resilient and evolved relationship

3 Shared Resilience

Successfully navigating through infidelity and rebuilding trust can create a foundation of shared resilience. Couples who overcome such trials together develop a unique strength that can help them face future challenges reinforcing their commitment to one another. Rebuilding trust is a transformative journey that not only heals wounds but also paves the way for a stronger, more resilient relationship, fostering personal growth and a renewed sense of connection. Rebuilding trust after infidelity is a delicate journey, but it's a journey worth taking for the possibility of a stronger, more resilient relationship. By committing to open communication, genuine remorse, and consistent efforts to rebuild, you pave the way for healing. Take the first step today: invest in rebuilding trust, rediscovering each other, and creating a future built on honesty and vulnerability. Your relationship deserves the chance to emerge from this challenge stronger than ever.

After the Affair J.D. Rockefeller, 2015-07-03

Infidelity can yield devastating consequences to a couple and is often the ultimate deal breaker ahead of physical abuse and emotional unavailability. Yet more than half of married people decide to weather the storm than break their relationship. Unfortunately, the healing process from an affair isn't an overnight event, and even the most loving and committed couples can be accosted by painful feelings, resentment, and paralyzing guilt. The effects of an affair can be detrimental, have psychological effects on your kids, and induce low self-esteem. And the worst thing is that the pain will linger for a period unknown. In this book, you will learn:

- Stage One: Reacting to An Affair
- Feeling Pain and Betrayal
- Stage Two: Reviewing Your Options About Staying or Leaving the Relationship
- Stage Three: Recovering From An Affair
- How to Rebuild Trust and Love
- Stage Four: Discussing What Happened After Learning About An Affair
- Stage Five: Learning to Forgive Your Partner After Discovering An Affair

Let's get started.

The Trust Factor Alisa DiLorenzo, Tony DiLorenzo, 2015-11

You can rebuild lost trust. This book was written for you, a couple just like us—two people who have experienced the pain of broken trust, sometimes repeatedly, yet desire to rebuild and have a marriage that is truly extraordinary. Throughout this book, we will share how trust has been broken and rebuilt during our 19 years of marriage. We will also share stories from those who have worked with us to rebuild the trust in their marriage. This book is built on the idea that when you take action, you can change not only your circumstances but also your feelings. In fact, we believe that if you want to see a change in how you feel, you need to start doing something different.

Rebuild Trust in Your Marriage Liesel Christensen, Blake Christensen, 2016-08-03

Don't let damaged trust destroy your relationship. Building and rebuilding trust is a great investment in your marriage. Why is it an investment? Because trust in marriage decreases conflict, increases happiness, and strengthens your ability to overcome challenges as a married couple. So how do couples regain trust once it has been broken? How can you build a loving, trusting relationship despite all the inevitable challenges that come with married life? What happens when, whether from one big event or the buildup of many smaller ones, the trust between you has been broken? Can marriage be saved? Yes, it can. Learn what it takes to rebuild trust in marriage while also strengthening your relationship. In this practical guide, married authors Blake and Liesel Christensen share the insightful story of how they

rebuilt trust in their own relationship after a betrayal how they effectively dealt with betrayal trauma and how their marriage has become stronger because of the trust rebuilding process A quick and easy to read guide Rebuild Trust in Your Marriage is a must for anyone seeking advice tips or insight into rebuilding trust with their spouse Don t just keep thinking about making a change in your relationship Start acting on change today by reading this book Healing After Infidelity Jeffrey D. Murrah,2024-06-04 From Betrayal to Breakthrough When the shock of infidelity shatters your world it can feel like your entire life is crumbling around you The pain anger and sense of betrayal are overwhelming leaving you reeling and unsure if your relationship can ever be repaired But even in the darkness of this devastation there is hope Healing After Infidelity is your personal guide and compassionate companion through the challenging journey of affair recovery With over 40 years of experience helping couples navigate the aftermath of betrayal licensed professional counselor Jeffrey D Murrah offers a beacon of light and a path forward Through real life stories practical strategies and groundbreaking insights you ll gain Tools to make sense of the trauma and begin the healing process Strategies for rebuilding trust and reconnecting with your partner Techniques for effective communication and managing triggers Guidance on cultivating genuine forgiveness and moving forward Insights into the unique challenges of infidelity in blended families and same sex relationships Tips for maintaining progress preventing relapse and embracing post traumatic growth Whether you re grappling with the shock of discovery struggling to heal as an individual or working to redefine your relationship this book meets you where you are with wisdom empathy and understanding It addresses the diverse needs of different family structures and multicultural backgrounds ensuring an inclusive approach You are not alone and your marriage is not beyond repair With commitment courage and the right support you can emerge stronger wiser and more in love from this crisis than ever before Let Healing After Infidelity be your guide on this transformative journey of healing and growth A brighter future awaits ABOUT THE AUTHOR Jeff is a seasoned therapist with over 40 years of experience His globally acclaimed counseling approach seamlessly integrates Biblical principles with cutting edge neuropsychology providing clients with a unique and comprehensive path to healing and restoration As a thought leader in the field Jeff has helped countless couples navigate the difficult journey of rebuilding trust fostering forgiveness and rediscovering emotional intimacy after an affair **Rebuilding Trust** Matt And Laura Burton,2023-10-14 In the aftermath of betrayal couples find themselves in an overwhelming situation with no roadmap Although many people decide to leave the relationship some decide to stay together For those that do rebuilding trust is a daunting task When trust has been shattered moving from a place of no trust to trusting again can seem as impossible as jumping the Grand Canyon Where do people go for advice on such a subject as this In Rebuilding Trust Matt and Laura Burton share what they ve learned while working with hundreds of couples trying to rebuild trust after betrayal Addressing common pitfalls in a do this not that format they explain how layers of trust can be established through Honesty and Transparency Building Safety Consistency Rebuilding Intimacy All couples trying to stay together after trust has been broken

want an answer to the question Is rebuilding trust even possible Although not an easy task the answer is a resounding yes Throughout Rebuilding Trust Matt and Laura expertly help both the wounding and wounded partners navigate the path to recovery once trust has been shattered They provide a roadmap for success through practical advice and helpful tools that couples can apply to their own situations Whether you are a couple who have been navigating broken trust for some time or one who is reeling from newly discovered information this book has something in it for you Because leaving after betrayal isn't always the answer and some relationships are worth fighting for

Rebuilding Trust in a Marriage -2 Books in 1- Suellen McDolly,2020-11-06 Are you searching for a way to heal your marriage or relationship Do you want to rebuild trust after betrayal undo the damages of cheating and free yourself from codependency Then this bundle is for you Inside this brilliant 2 in 1 collection you ll discover a powerful plan for rebuilding trust forming a deeper connection with your partner resolving conflict and much more Drawing on tried and tested methods as well as heartfelt advice for how to reconnect with your spouse after betrayal and begin the journey to healing you ll also learn how you can escape codependency and avoid making the same mistakes again With the help of this book you ll learn The Top Warning Signs of Betrayal To Look Out For Practical Advice For Coming To Terms With a Cheating Partner How To Repair Your Relationship and Rebuild Trust Powerful Examples For Setting Your Relationship Back on Track The 10 Profound Steps To Happiness The Top Ways Codependency Can Ruin Your Relationships long With 5 Warning Signs To Look Out For Practical Ways To Overcome Codependency and Heal Your Relationships A Proven 10 Step Program For Freeing Yourself From Codependency How Mindfulness Can Help You Create a Brighter Future And Much More So if you re looking for the best way to save your marriage then this collection is for you With real and actionable advice that anybody can begin implementing Rebuilding Trust in a Marriage offers you a profound plan for creating a happier stronger future together Scroll up and buy now to begin rebuilding your relationship today

Rebuilding Trust in a Marriage Suellen McDolly,2020-06-03 Has your relationship had to endure an affair and you re struggling to recover the trust Have you lost your self esteem and have found yourself dependent on another This book bundle tackles two very thorny problems Relationships can be tricky and complicated at the best of times but when you lose the trust in one it can seem almost impossible to regain it once more Rebuilding the trust you once had and reconstructing your marriage takes a long time and a great deal of effort Add to that the loss of confidence and low self esteem and you have a series of interlocking issues that are hard to shift But with patience perseverance and the right advice of Suellen McDolly you can find a way and inside this great book bundle Rebuilding Trust in a Marriage A Complete Guide to Rebuilding your Relationship Overcome Co dependency Resolve Conflict Improve Intimacy and Avoid Betrayal you get 2 books in 1 with chapters that cover Spotting the signs of betrayal Why talking about emotions is important How to rebuild the trust you once had How to forgive an unfaithful partner What co dependency is How to improve your confidence and self esteem The importance of mindfulness And lots more Betrayal can lead to your relationship facing crisis but Rebuilding Trust in a

Marriage reveals the fundamental solutions to overcome it and regain the sparkling and vibrant connection you once shared

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Rebuilding Trust after Betrayal Gregory L. Jantz Ph.D.,2021-10-05 Practical advice for healing and repairing broken trust and relationships A best friend who undermines you A partner s infidelity A coworker that sabotages you or your workplace A relative who steals from your family Intimate betrayal strikes at the core of our capacity to trust and love crushing the fundamental expectation that gives us the courage to connect deeply the belief that the person we love wouldn t hurt us Whether the betrayal is through infidelity emotional abuse verbal aggression or domestic violence the psychological wound that cuts deepest is the perception that ultimately the person we love doesn t care about our well being So how can we heal from these wounds and even rebuild trust after betrayal God provides the strength guidance and peace to overcome your current heartache and regain joy And this handbook can help you do the hard work to walk on that path to healing Quickly Find the Information You Need on Repairing Relationships In this handbook you will learn What to do when someone has betrayed your trust or when you have betrayed the trust of someone else How to decide whether or not to repair the relationship and 10 daily steps to do so 3 essential elements of reconciliation And more 4 Key Features of This Christian Counseling Book on Healing Broken Trust Using real life stories biblical suggestions proven tips and practical steps that you can take today Dr Gregory Jantz will help you heal from broken trust or relationships Enjoy having these key features Simple summaries and easy to understand explanations Practical steps backed by science and by scripture Charts that show key information at a glance Relatable stories that show you how to apply its truth to your life Dr Gregory Jantz takes you step by step through how to rebuild trust after betrayal The same healing grace that knits broken bones and restores us to strength after illness is well able to reconcile wounded hearts and renew love for one another Trust God to guide you through the work of rebuilding trust and you will not only survive but will go on to thrive Perfect for Group and individual use Church library To hand to a friend Biblical and pastoral counseling

After an Affair Howard Eyrich,2018-04-11 This is about rebuilding trust then rebuilding and maintaining a marriage after a marriage is devastated by an affair The discovery of infidelity can be devastating Cheating on a spouse and lying to cover it up naturally breeds distrust and suspicion A couple can however rebuild trust The speed and degree of recovery are greatly affected by the actions of the spouse who cheated Practical strategies rooted in biblical theology will help those who have cheated and who are serious about rebuilding trust and healing their marital relationships Rebuilding begins with repentance and forgiveness and the rapidity of recovery is proportional to the thoroughness of each

Couples Workbook to Rebuild Trust TOBY. PRINTS,2025-04-17 You don t just get over broken trust You rebuild it Has your relationship been holding together on silence guilt or second guessing every word Are you trying to reconnect but stuck in the same cycle unsure how to move forward or if it s even worth trying again Do you wonder if too much damage has been done When trust is broken things shift Conversations feel charged Touch feels loaded You want

to move forward but not if it means faking closeness or rushing forgiveness Couples Workbook to Rebuild Trust is for couples who still care enough to face what happened enough to take rebuilding seriously and enough to stop relying on time alone to fix what hasn't healed This isn't a book of lectures or empty tips It's a workbook full of real tools to use now with or without your partner beside you You'll love this book because You'll finally have a way to talk about the breach without starting another argument It shows you what real accountability looks like without long-winded guilt trips You'll stop guessing when it's the right time to reconnect physically You'll learn how to deal with the awkwardness distance or silence after a major breakdown You'll get questions that actually make space for clarity not confusion You'll rebuild slowly intentionally without acting like nothing ever happened And you'll stop feeling like you're walking on eggshells just to keep the peace You'll save countless hours learning how to rebuild trust in a way that respects both partners reduces resentment and doesn't rely on one person carrying all the weight This workbook was made for couples who've been through it cheating emotional distance dishonesty or a long stretch of disconnection You don't need to be perfect You don't even need to agree on everything You just need to be willing to do something different If you're asking yourself What if I'm the only one trying You can start anyway That often changes the tone and opens a door What if we've tried before and failed That's normal Repair isn't linear This book gives you structure not pressure What if I'm afraid to bring it all back up again Then it's exactly what you need because silence doesn't fix pain it hides it Trust doesn't rebuild itself You rebuild it one honest step at a time Click Buy Now and begin where you are No pressure Just real progress

Rebuilding Trust Liam Hall, AI, 2025-03-12 Rebuilding Trust tackles the difficult but possible journey of restoring faith in relationships fractured by addiction It highlights that addiction isn't a personal failing but a complex issue impacting brain function and relationships The book explores how addiction erodes trust leading to challenges like financial infidelity and emotional neglect and emphasizes the need for honesty and accountability One key insight is understanding the neurobiological impact of addiction which alters behavior and decision making affecting both the individual and their family The book is structured to guide readers through understanding the core issues of trust betrayal and addiction then explores how addiction specifically damages different relationship types Finally it provides a detailed roadmap for rebuilding trust It offers practical exercises and communication strategies The book stands out by providing a comprehensive holistic approach to healing addressing relational and individual aspects of recovery making it a valuable resource for individuals in recovery their loved ones and professionals

Recover Neil Wilkie, 2021-02-27 What happens when your partner has an affair and betrays you How do you cope with the shock terrible hurt and anger Can you ever rebuild trust and your relationship after the pain of infidelity Do you want to Andy and Susan's relationship is deteriorating They are both busy with work and family life and show very little interest in each other Susan spends her evenings getting drunk whilst Andy goes online and starts chatting to Diana Recover is an emotionally engaging parable sharing the everyday exchanges between Andy and Susan in the painful aftermath of his affair Readers can follow

both of their perspectives and Diana's as the story unfolds which allows rare insight into the minds of all three parties and the opportunity to relate to what they are each going through Woven from over ten years experience of working with couples Neil Wilkie uses this powerful story to share The Relationship Paradigm his unique approach to working with couples who have drifted apart or even come apart He guides Andy and Susan through the key elements of how to start listening and understanding each other again sharing his wisdom and strategies as they come to the crucial decision of whether to get back together or not Neil Wilkie is a qualified psychotherapist and expert in relationships He believes one of the greatest gifts anyone can have is a loving fulfilling and mutually supportive relationship with another person Recover is the second in the series of The Relationship Paradigm books which present his unique model for relationships After the Affair Janis Abrahms Spring, Michael Spring, 1996 Provides advice to married people on surviving an affair by changing behaviors and cultivating trust and forgiveness *Building Trust In Marriage* Emerson Grant, 2024-06-20 Can trust be rebuilt once it's broken What practical steps can couples take to heal from betrayal What role does forgiveness play in rebuilding trust How can I prevent future breaches and maintain a strong bond If You Are Looking For Answers to Any of the Above Questions Get This Book Now Building Trust in Marriage Rebuilding Dependability and Creating a Stronger Happier Marriage is a transformative guide that delves into the core aspects of trust building within a marital relationship This book offers a comprehensive roadmap to help couples navigate the challenging journey of rebuilding trust and strengthening their bond Drawing from expert insights and real life experiences this book provides practical strategies and actionable steps to heal past wounds address communication gaps and foster a sense of emotional safety From rebuilding transparency and honesty to cultivating forgiveness and empathy each chapter offers invaluable tools to rebuild trust brick by brick With a compassionate and understanding approach Building Trust in Marriage empowers couples to confront their fears overcome insecurities and create a solid foundation of trust The book also explores the importance of self reflection and personal growth emphasizing that trust is a mutual endeavor that requires effort from both partners Inside this comprehensive guide Identify and address the root causes of trust issues within your marriage Learn effective communication techniques to foster open and honest dialogue Explore strategies for rebuilding transparency and rebuilding trust Navigate the challenges of rebuilding trust after infidelity or betrayal Whether you're grappling with infidelity betrayal or simply seeking to enhance the trust in your marriage this book equips you with the knowledge and skills to navigate the complexities of trust building Discover the transformative power of trust and embark on a journey towards a stronger happier and more fulfilling marriage HEALING FROM INFIDELITY Alice Gardner, 2021-02-15 50% OFF for Bookstores AMAZON Best Seller Do You Feel Betrayed Do You Wonder Why It Has Happened to You Do You Want To Recover From Infidelity It might seem like the end of the world and indeed the end of your relationship but it doesn't have to be that way Healing From Infidelity is a comprehensive relationship book that will help you Rebuild Trust and Save Your Relationship Alice Gardner a psychologist

with over 20 years of experience in couples counseling leaves no stone unturned to help you heal your wounds faster and rescue your marriage By offering you an in depth understanding of the psychology of cheating the motivation behind infidelity and the aftermath you will be able to Understand The Various Types Of Infidelity The Role Of Technology Learn Why Men Cheat And Why Women Cheat Find Out If Infidelity Can Be Predicted Prevented That s Not All If you are reading this you are probably looking to heal your emotional wounds That is precisely why Alice Gardner focuses on the aftermath By the end of this self help book for women and men you will be able to Deal With Your Emotional Trauma Understand The Biology Of Heartbreak Regain Your Lost Confidence Relieve Anxiety Or Insecurity Communicate Better Rebuild Intimacy Prevent It From Happening Again Do You Want To Move On Find The Right Path To Recovery If you still have feelings for your partner if you want to move past this incident if you re going to rebuild your life on new terms this book on infidelity will help you go through that challenging process with confidence

Building Trust in Your Marriage Megan

Logan,2023-02-11 When it comes to building a good and robust relationship trust is essential on many levels but it plays an especially critical role in a marriage It enables us to feel confidence in the love and devotion that our spouse has for us and it also helps us feel secure and supported within the context of the relationship It is challenging for a marriage to flourish and advance when trust is lacking It is impossible to exaggerate how important trust is to the success of a marriage It serves as the base upon which the entirety of the other components of the connection are constructed Trust enables us to be vulnerable and open with our partner all of which are necessary for developing an emotional connection with them Additionally it enables us to feel secure that our partner will support us and be there for us and it makes us feel safe when it comes to expressing our needs and desires

After the Affair, Updated Second Edition Janis A. Spring,2013-01-22 Dr Spring possesses a remarkable combination of clarity wisdom spirit and heart This is an extremely helpful and healing book a gift to us all Harriet Lerner Ph D author of The Dance of Anger It is must reading for any couple who has experienced the violation of trust as a result of an affair Harville Hendrix Ph D A staggering number of couples in America about 70 percent have been affected by extramarital affairs After the Affair is the only book to offer proven strategies for surviving the crisis and rebuilding the relationship Written by Janis Abrahms Spring Ph D a nationally known therapist and acknowledged expert on infidelity this revised and updated version brings the groundbreaking classic into the 21st century with a new section dealing with online affairs in cyberspace For women who are struggling in their marriage and for clinicians psychology academics and readers fascinated by of popular psychology this newly revised and updated edition of After the Affair is essential reading

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