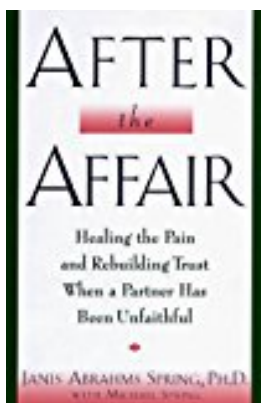


# [PDF] After The Affair: Healing The Pain And Rebuilding Trust When A Partner Has Been Unfaithful

Michael Spring, Janis Abrahms Spring - pdf download free book

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#### Books Details:

Title: After the Affair: Healing the  
Author: Michael Spring, Janis Abrahm  
Released: 1996-04-01  
Language:  
Pages: 304  
ISBN: 0060172363  
ISBN13: 978-0060172367  
ASIN: 0060172363

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#### Description:

From Publishers Weekly For married or cohabiting couples who want to rebuild their relationship

after one partner had had an affair, this tough-minded, insightful manual will be eminently practical. Clinical psychologist Spring, writing with her husband, draws on 20 years of experience treating distressed couples as she explains how both the unfaithful partner and the betrayed one can confront their doubts and fears about recommitting, constructively communicate pain and anger, restore trust, renew sexual intimacy and forgive. In jargon-free prose, she urges both partners to probe the deeper meaning of the affair, to explore why it happened and to accept responsibility for it. Recognizing unstated assumptions held by oneself or one's mate is an integral part of this process, and the authors include exercises, concise case studies and checklists of suggestions to guide readers through the difficult task of healing. This wise book fills a gap on the self-help shelf. First serial to Cosmopolitan; available on audiocassette.  
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### **From the Back Cover**

After the Affair teaches partners how to heal themselves and grow from the shattering crisis of an infidelity. Drawing on thirty-five years as a clinical psychologist, Dr. Spring offers a series of original and proven strategies that address such questions as: \* Why did it happen? \* Once love and trust are gone, can we ever get them back? \* Can I—should I—recommit when I feel so ambivalent? \* How do we become sexually intimate again? \* Is forgiveness possible? \* What constitutes an affair in cyberspace?

--This text refers to the edition.

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