



## How to Help Your Spouse Heal from Your Affair: A Compact Manual for the Unfaithful

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By Linda J MacDonald M S

Createspace, United States, 2010. Paperback. Book Condition: New. 212 x 138 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As an infidelity specialist for 25 years, therapist Linda J. MacDonald has identified behaviors and attitudes that determine unfaithful persons success or failure to mend their marriages after an affair. How to Help Your Spouse Heal from Your Affair offers practical advice for those who ve strayed and want a second chance. Learn what Successful Rebuilders know: \* How to avoid the potholes that doom marriages after affairs \* Critical guidelines for the first hours after discovery \* 15 essential steps for repair after betrayal \* Skills to cope with your partner s obsessions and triggers \* Ways to undo the damage from your lies \* The keys to avoid prolonging your spouse s agony (and yours) \* The difference between helpful and harmful apologies \* How to rebuild your broken life, relationships, and integrity BACK OF THE BOOK Most unfaithful partners underestimate the breadth and depth of the fallout after infidelity. If you have had an affair but have regrets and hope to save your marriage, don t let another mistake-ridden day go by without reading this...



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