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## After the Affair, Updated Second Edition: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful

By Janis A. Spring



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“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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### **Editorial Review**

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?*

About the Author

Janis Abrahms Spring, Ph.D., is a nationally acclaimed expert on issues of trust, intimacy, and forgiveness. In private practice in Westport, Connecticut, she is the author of the award-winning *How Can I Forgive You?*, *The Courage to Forgive*, *the Freedom Not To*, and *Life with Pop: Lessons on Caring for an Aging Parent*.

### **Users Review**

**From reader reviews:**

**Mavis Strain:**

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**Iris Wright:**

Nowadays reading books be than want or need but also become a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want get more knowledge just go with knowledge books but if you want feel happy read one together with theme for entertaining including comic or novel. The *After the Affair, Updated Second Edition: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful* is kind of e-book which is giving the reader unstable experience.

**Christopher Williams:**

After the Affair, Updated Second Edition: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful can be one of your beginner books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort that will put every word into satisfaction arrangement in writing After the Affair, Updated Second Edition: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful yet doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource information that maybe you can be certainly one of it. This great information can certainly drawn you into completely new stage of crucial thinking.

**Nicholas Thiede:**

The book untitled After the Affair, Updated Second Edition: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful contain a lot of information on that. The writer explains the woman idea with easy technique. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read the idea. The book was authored by famous author. The author will bring you in the new era of literary works. You can easily read this book because you can read on your smart phone, or device, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice study.

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