



After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, 2nd Edition

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

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Jessie Lloyd:

The publication untitled *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful*, 2nd Edition is the guide that recommended to you to study. You can see the quality of the e-book content that will be shown to anyone. The language that author use to explained their way of doing something is easily to understand. The author was did a lot of study when write the book, to ensure the information that they share to you personally is absolutely accurate. You also can get the e-book of *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful*, 2nd Edition from the publisher to make you more enjoy free time.

Gemma Jackson:

Precisely why? Because this *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful*, 2nd Edition is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will jolt you with the secret the item inside. Reading this book beside it was fantastic author who all write the book in such wonderful way makes the content within easier to understand, entertaining means but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book include such as help improving your expertise and your critical thinking means. So , still want to hesitate having that book? If I were being you I will go to the publication store hurriedly.

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Marvis Byrnes:

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