



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

By Linda J. MacDonald

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Once an affair comes to light, many unfaithful persons "wake up" and want to save their marriages. Yet, they usually make terrible mistakes in their bungled attempts to win back their partners' trust. Linda J. MacDonald, an infidelity specialist for 23 years, has identified behaviors and attitudes that determine unfaithful persons' success or failure to mend their marriages after the wrecking ball of an affair.

How to Help Your Spouse Heal from Your Affair offers practical advice for those who've strayed and want a second chance. It would take weeks of therapy to 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

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Editorial Review

Review

"I regularly provide copies of Linda's book to my clients who are facing this challenge. Unanimously they report, 'That [book] was very helpful.' "

-Earl D. Wilson, PhD., author *Steering Clear, & Restoring the Fallen*

"This is the most succinct collection of wisdom for helping the unfaithful that I have seen for couples trying to pick up the pieces of their lives after affairs."

-Lance Brown, M.A., Minister of Care, Chapel Hill Presbyterian

From the Inside Flap

"Shortly after my wife and family found out about my year-long affair, Linda's book, *How to Help Your Spouse Heal from Your Affair*, came to me like a lifeline at the most confusing and shocking time of my life. I wanted nothing more than to save my marriage, and there had been very little information directed toward me to help me do my part. I found that the book, surprisingly, answered all of the questions that I had. I read it daily for weeks and followed it with full trust and blind faith.

"Some of the steps were incredibly difficult to go through, but every time they proved effective. All I can say now is that the path that the book put me on was God's path for me and the healing of my spouse. I am forever grateful for the insight that it has given me to climb out of the darkest days of my life into the greatest time of our marriage."

--Greg (former client, name changed to protect his privacy)

From the Back Cover

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 book!

Or, if you are the injured spouse and your unfaithful partner keeps hurting you with his/her attempts to help you feel better in all the wrong ways, put this manual into your spouse's hands right away.

Find out for yourself what the difference is between those who blow up their marriages in the aftermath of affairs and those who successfully manage to repair and rebuild their marriages into better-than-ever relationships.

How to Help Your Spouse Heal from Your Affair provides a practical road map for unfaithful spouses who wish to have another chance with their partners. Easy to read, even for the self-help book phobic!

"Your material in *How to Help Your Spouse Heal from Your Affair* is absolutely excellent. I have counseled for twenty-five years and found it well-done, balanced, and accurate."

--Jim Velez M.S., M.A., L.P.C., Portland, Oregon

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Edward Robinette:

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Arthur Daniel:

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Royce Woods:

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