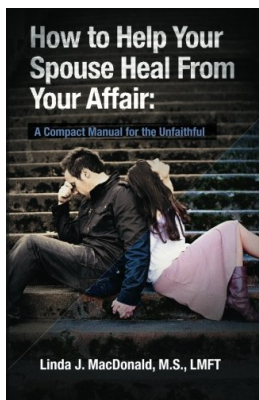


# [PDF] How To Help Your Spouse Heal From Your Affair: A Compact Manual For The Unfaithful

Linda J. MacDonald - pdf download free book

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**Books Details:**

Title: How to Help Your Spouse Heal  
Author: Linda J. MacDonald  
Released:  
Language:  
Pages: 98  
ISBN: 145055332X  
ISBN13: 9781450553322  
ASIN: 145055332X

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**Description:**

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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