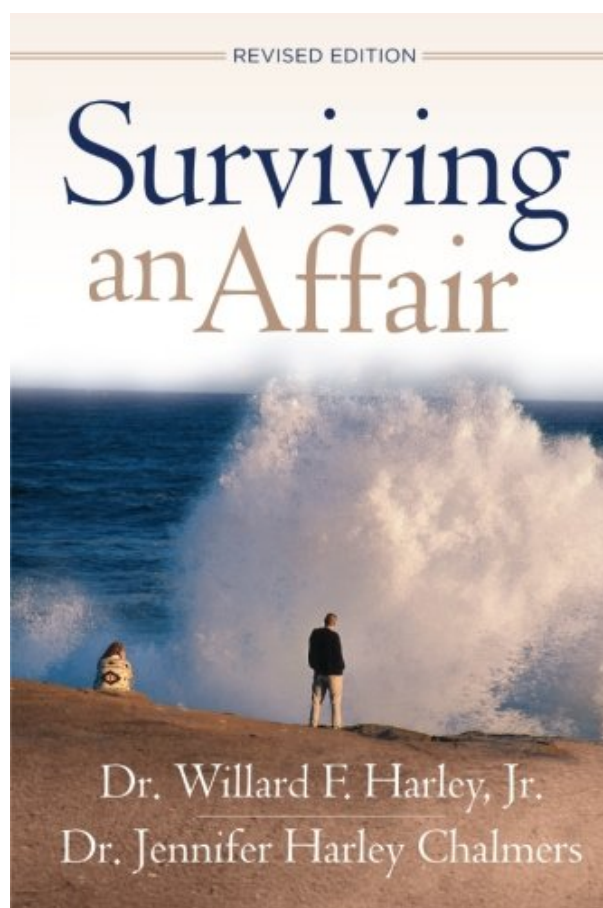


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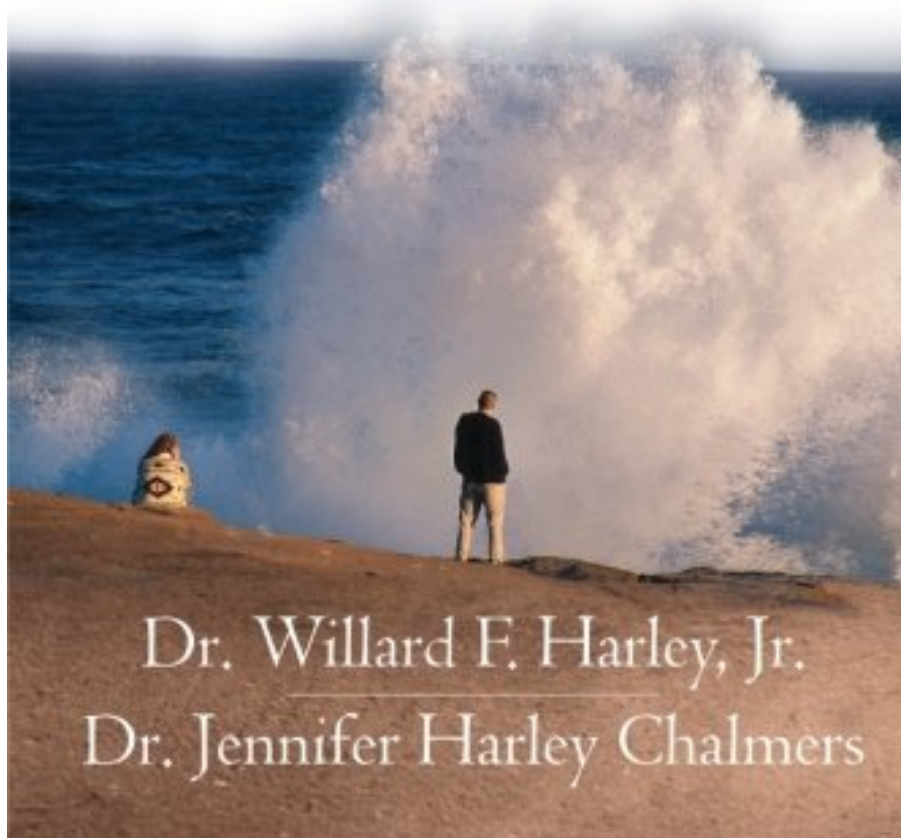


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REVISED EDITION

Surviving an *Affair*



Dr. Willard F. Harley, Jr.
Dr. Jennifer Harley Chalmers

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From the Inside Flap

If you are a victim of infidelity, you are on the emotional roller coaster ride of your life.

Drs. Harley and Chalmers know what they're talking about. Almost every day they hear from grieving spouses who say, Please help me. I have just discovered that my spouse is having an affair and I don't know what to do.

In Surviving an Affair, they provide answers to those who find themselves caught in this common tragedy. From the moment an affair is first suspected all the way to full marital recovery, they provide a thorough analysis of the problem with step-by-step proven solutions.

Surviving an Affair will do more than help you and your spouse survive the crisis of infidelity--it will show you how to minimize your suffering and emerge from this tragedy with your trust and love for each other restored. Dr. Willard F. Harley, Jr., is a nationally acclaimed clinical psychologist, marriage counselor, and bestselling author of His Needs, Her Needs. His popular website, MarriageBuilders.com, offers practical solutions to almost any marital problem. He and Joyce, his wife of over fifty years, host a daily radio call-in show, Marriage Builders Radio. They live in White Bear Lake, Minnesota.

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Infidelity is common, occurring in over half of all marriages. And it is one of life's most painful experiences for everyone involved--the betrayed spouse, the children, the extended family members, and even the lover and wayward spouse. With all that sadness, why do people have affairs? And once trust is broken, how can a couple reconcile?

In *Surviving an Affair*, Drs. Harley and Chalmers describe the most common types of affairs, the reasons they begin and end, the best way to end them, and the best way to restore a marriage after an affair. But most importantly, they help readers survive the ordeal by providing them with step-by-step guidance that minimizes suffering and offers hope for rebuilding a loving and trusting marital relationship.

- Sales Rank: #80280 in Books
- Published on: 2013-07-01
- Released on: 2013-07-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .57" w x 6.00" l, .90 pounds
- Binding: Hardcover
- 224 pages

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Most helpful customer reviews

151 of 154 people found the following review helpful.

If your marriage needs help, emergency help, this is it.

By A Customer

My wife and I survived an affair - I was the 'victim' but in a way there can be no victims in an affair. Both of you must be aware of each others needs and become professionals at meeting them better than anyone else can. I know what it is like to feel betrayed - I survived it and my marriage is fortified for having had the experience. I have read the negative reviews here on this book, and I must tell you that I understand their frustration and they are due their pain and anger, but not at this book, it's authors or the power it has to bring your life back to a place where you can live it with your spouse. I never thought I'd find an ordinary world again, but with counseling, understanding, knowledge and the teachings of Dr. Harley (see his other books too!) I did, my wife did, and we hold each other closer than we ever have before. I'm sorry there is a reason for you to look into this book, but have hope - you will feel better when you learn what it teaches you about your spouse's needs and how a marriage must function to maintain those needs. The book also will NOT make the cheating spouse feel like a criminal, and posts many insights from their point of view. This is something those of us cheated ON will perhaps not have much sympathy for but there is A LOT for us to learn from it. The affair is a drug in the cheater's blood - they are prisoners in a cycle that people have fallen victim to since marriage began. They will eventually see the light, but they must do this with their own eyes. By following Harley's advice you can create the best environment for this.

79 of 86 people found the following review helpful.

Highly recommended!

By ll

I survived my ordeal by following the advice in Dr. Harley's book as well as on his web site [...] I had an affair several months ago. I was totally confused, devastated, depressed, and thought about suicide. I tried looking for help but most people are not sympathetic toward the wayward spouse. I learned about Dr. Harley and was comforted to know that he understands the wayward spouse's feeling and point of view. I followed his advice regarding total separation from my lover valuable- it was the hardest thing in the world to do- I loved him and the thought of never communicating with him devastated me. But I am so glad in retrospect that I lived through the withdrawal. I now have a better relationship with my husband, and after three months of not communicating with my lover, I can now see the affair for the mistake that it was. I am very grateful to Dr. Harley- his iron-clad policy regarding total separation with my lover was absolutely right!

I highly recommend this book especially if, like myself, you are having an affair and would like advice on what to do next. I understand your pain and struggle. Trust me, buy this book, or at least go to his website and read the articles. You might think that total separation from your lover is impossible. Trust me, the pain was excruciating, but it was it. I saved my marriage and my life. And you can save yours.

38 of 40 people found the following review helpful.

A great roadmap to return from hell

By A Customer

Surviving an Affair is the description of a trip from how a seemingly 'OK' marriage can deteriorate to a full-blown affair, and it provides a detailed roadmap of how to survive the affair and eventually recover, hopefully with the renewal of the marriage. This book encompasses the behavioral approaches that Dr. Harley and Dr. Chalmers have successfully used to save marriages, and applies them directly to the affair. The elements that are covered in some of Dr. Harley's other works ('Give and Take' and 'Love Busters') are included here. This book presents a balanced viewpoint of the betrayer's view as well as the betrayed (and even presents the view of the other man/woman).

If you're in an affair, either as the betrayed spouse or the betrayer; I strongly recommend this book. It explains the atmosphere that leads up to an affair, and it vividly illustrates how an affair SHOULD end. Most affairs don't end this way; instead, they linger on with the spouse having the affair unable to make a decision. All the while, the betrayed spouse and the children suffer tremendously. But there is hope. This book gives a great deal of insight in to the mechanics of the affair, and it describes how the 'betrayed' can hang on through the worse experience of their life to eventually come to a point where reconciliation is possible.

The recovery process outlined in this book is also very detailed. Some of it seems 'silly' or trivial at times, but it is important and it really can work (I'm in a marriage that is proof of that).

An affair is Hell. This is a roadmap to get back from Hell.

See all 113 customer reviews...

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