



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:

Lonnie Bowers:

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Victor Brown:

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