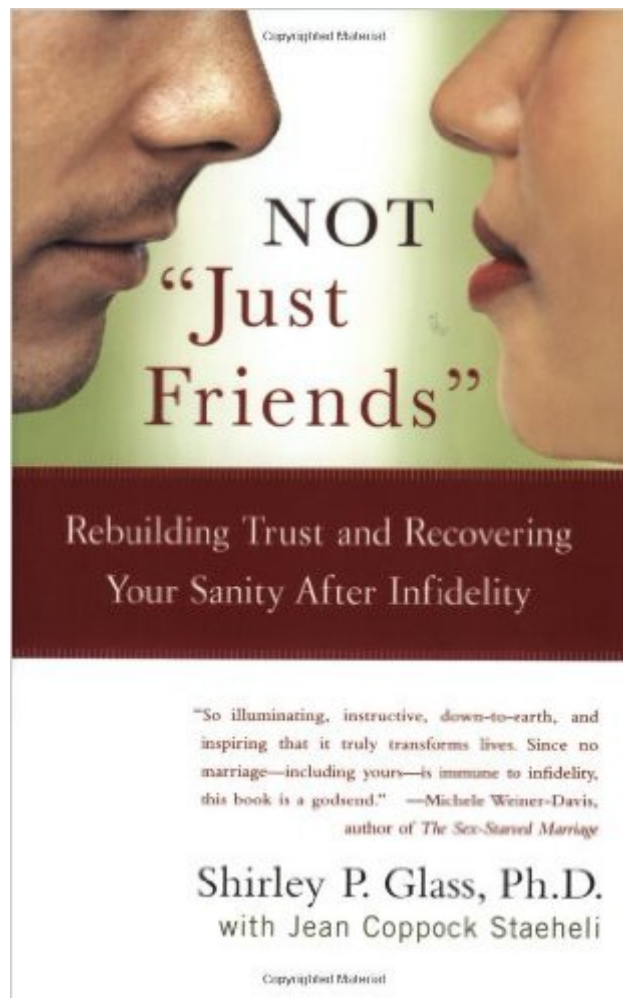




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# Not "Just Friends": Rebuilding Trust And Recovering Your Sanity After Infidelity



## Synopsis

One of the world's leading experts on infidelity provides a step-by-step guide through the process of marital infidelity—from suspicion and revelation to healing, and provides profound, practical guidance to prevent cheating and, if it happens, recover and heal from it. You're right to be cautious when you hear these words: "I'm telling you, we're just friends." Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for "friendships" that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.

## Book Information

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## Customer Reviews

Refusing to pander to audiences expecting Dr. Phil-type quick fixes, Glass (who has appeared on Oprah herself) chooses "a new, fact-based, scientifically and therapeutically responsible approach" to a subject she contends is fraught with public and professional misconceptions. Drawing on research studies (her own and others') and clinical cases from her 25 years as a psychotherapist, she explores "the new crisis of infidelity" resulting from platonic relationships that become progressively intense. Personal and professional friendships between men and women have become so prevalent and accepted that, according to Glass, even "good" people in "good" marriages can be swept away in a riptide of emotional intimacy more potent than sheer sexual

attraction. Glass scrutinizes affairs and offers well-defined guidelines, including tips for determining how vulnerable individuals and relationships are to temptation, and prescriptions for keeping relationships "safe," repairing betrayal-induced damages and recovering from the trauma. Glass's credentials and commitment lend this book credence as a valuable resource; Staeheli's easy, personable style and the well-organized format make it user-friendly, too. Copyright 2002 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Michele Weiner-Davis author of *The Sex-Starved Marriage* So illuminating, instructive, down-to-earth, and inspiring that it truly transforms lives. Since no marriage -- including yours -- is immune to infidelity, this book is a godsend. Harville Hendrix, Ph.D. author of *Getting the Love You Want: A Guide for Couples NOT 'Just Friends'* puts a new face on infidelity. The author, using clinical experience and current research, broadens its definition, causes, and means of resolution. I recommend it for anyone considering an affair, in an affair, or recovering from an affair. Pat Love, Ed.D. author of *The Truth About Love and Hot Monogamy* A must-read for anyone whoever hopes to be happy in long-term relationship.

This guide helped me reflect and gain insight into my marriage and the betrayal. I referred back to this book many times while going through my personal struggles of being betrayed having many of the points highlighted and described in detail which made it easy for me to understand and relate to. It's an easy read and really touches upon some valid and eye opening points

The first few chapters were difficult to read emotionally, but the rest of the book had a lot of good information. Many areas of healing that were mentioned have been experienced in my life. I truly believe it is necessary to go through the process. It IS difficult, but as it has been said in this book and many others I have read, it IS worth it!

Rocky times happen. This book REALLY helped us understand one another. Thank you.

As I discovered my husbands multiple affairs over the past thirteen years I need tangible help and tools both on how to cope while my whole life came to a standstill and how to move on. This book did just that. The best thing has been reading the book together with my husband that has given me hope for our future as husband and wife.

Great book. I am a relationships coach and I find research and cases fascinating. Eye opening. I got the book and audio. I am able to spot pit falls and issues with my clients by using some of the information shared by Dr.Glass. I will read it more than once for sure.

It really hit the nail on the head and was a very accurate description of what can occur in marriages and affairs. I found it to be very useful in dealing with my own pain and grief and understanding better my spouse's feeling of conflictedness between myself and her affair partner. After 33 years of marriage this was a very helpful resource.

haven't read yet

I'm halfway done through the book and each chapter she thoroughly went over helped me get through my own healing... I'm not fully healed and recovered, but each day is getting easier with my S.O. I highly recommend this book to anyone who had gone through infidelity of a boyfriend, fiancé, husband, etc... I am Thankful I came across this self-help book because I want to rebuild trust & regain my SANITY AFTER INFIDELITY.

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