



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

*Linda J. MacDonald*

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## **How to Help Your Spouse Heal from Your Affair: A Compact Manual for the Unfaithful** Linda J. MacDonald

As an infidelity specialist for 23 years, therapist Linda J. MacDonald has identified behaviors and attitudes that determine unfaithful persons' success or failure to mend their marriages after an affair. How to Help Your Spouse Heal from Your Affair offers practical advice for those who've strayed and want a second chance. 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 **BACK OF THE BOOK** 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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Date : Published November 24th 2010 by Createspace Independent Publishing Platform

ISBN : 9781450553322

Author : Linda J. MacDonald

Format : Paperback 98 pages

Genre : Relationships, Self Help, Marriage

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## **From Reader Review How to Help Your Spouse Heal from Your Affair: A Compact Manual for the Unfaithful for online ebook**

**candi lopez says**

**Totally not every emotional**

I have been hurt by my unfaithful spouse. This book covers all of my feelings and emotions. She has covered all my feelings and emotions and put them all down for everyone to see. Excellent book!!!!

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**Jennifer Jarrell says**

**Great Book to Help Those Dealing with Infidelity**

I am working on a degree in counseling, and this is an excellent resource for those who have experienced infidelity as well as those who wish to walk beside a friend as they go through the healing process.

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**Sarah Obsesses over Books & Cookies says**

This was hard to read- but only because it was so spot on. Straight to the point, definitely for those who have wronged their loved one and need to hear what they did, how it hurt and what to do about it- probably the same as what the injured party feels but somehow it's more able to be heard when it's you seeking it out - not the person telling you.

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**Michael Clinton says**

**Great read, very direct**

This book has been fantastic to read. As a betrayer, it's helped my see things from my wife's perspective and that has allowed me to be more sensitive and caring as we work through this.

Can't wait to read it a 2nd time and for my wife to read also.

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**Rachel says**

A quick and worthwhile read. As an LMFT, I felt the advice given in this book was pretty spot on in what I've observed and experienced with couples in my practice. She lays out very specific ways the unfaithful partner can increase his/her chance of saving their marriage and turning it around. This book does have a Christian bent to it, which is great for other Christians or anyone who wouldn't mind some spiritual references.

## **Terry Sloan says**

### **Very Helpful**

Thorough read on a tough topic - I am a couples' therapist and read this on recommendation of a client. I will recommend it in the future.

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## **Ligaya says**

A slim book and quick read with a very thoughtful plan to help cheaters AND their partners process their betrayal. Somewhat Christian-tinged and very heterocentric, nonetheless valuable reading for both. This will also shed light on your therapist and if they are guiding you in a mindful way. My spouse did not like this book. Go figure.

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## **Brandon Vaughan says**

As a Pastor, I try to dive into different subjects in order to become a better counselor. I would recommend this book to anyone recovering from the heartache of infidelity. It's very concise, to the point, and written from a Biblical perspective.

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## **Sam Louie says**

### **Concise with concrete action plan for the offending spouse**

As a therapist in this field of sex addiction and affairs, many offending spouses have no idea how to listen, validate their betrayed partners' feelings, and accept full responsibility for their actions... Linda does a wonderful job teasing out what needs to happen to regain trust and security in these traumatized relationships.

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## **Healing says**

As the wife of a cheater, I can say that this book is perfect. The only problem is that the cheater is required to have a very strong character, but unfortunately got into this mess in the first place because of having a weak character. If the cheater is able to rise to the occasion and follow the recommendations listed in this book, he/she will have a much better chance of reconciliation.

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## **Dana Ehlers says**

### **Fabtastic**

Very factual and reflective in my personal journey through an affair. Really put perspective in my mind and made me aware of the damage I have created and how to better understand my wife's hurt.

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### **Infidelity Recovery says**

This book is a game-changer for unfaithful spouses and it's certainly changed my life.

When my wife discovered I was having an affair I had no idea where to turn. I knew I wanted to reconcile my marriage and turn my life around but I had no idea where to turn. I was surrounded by my wife's wholly legitimate anger and my own shame and loathing.

I did a lot of reading and watched tens of hours of online videos to help me get started on the road to every aspect of my recovery from my own mental health to reconciling my marriage but nothing was able to bring together everything an unfaithful spouse needs to know if they want to support their spouse heal from the hurt caused by their infidelity.

The author guides the unfaithful spouse skilfully and concisely through every step of the affair recovery process from discovery and disclosure and becoming a healer to rebuilding trust, responding to triggers and changing our core character.

If you're an unfaithful spouse and want to reconcile your marriage - you HAVE to read this manual.

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### **Nancy J. Chapel says**

#### **Terrific book**

Very direct and strong guidelines, especially for the betrayer. A must read for any couple who sincerely want to rebuild their marriage and recover from the devastation of affairs.

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### **Linda Macdonald says**

Well, I am biased, as I am the author. It has a rather limited niche appeal -- to those who've been unfaithful yet desire to save their marriages. Some of you may know someone who might benefit from reading this practical, step-by-step manual to help people avoid typical mistakes that can doom recovery and to know how to handle touchy subjects with wisdom.

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### **christopher Webb says**

#### **A Quick Study in Humility Yet A Lifetime Of Application**

This is a must read for those that have had an affair.

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If you are truly looking for emotional blueprints that guide you through rebuilding your spouses's trust in you, supporting them emotionally through years of healing, then this is the book for you.

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