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WONDERFULLY HELPFUL."
—Harriet Lerner, author,
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MY MARRIAGE, AND
PROBABLY MY SANITY—
AND MAYBE MY VERY LIFE."
—A Reader

THE Monogamy MYTH

A Personal
Handbook for
Recovering
from Affairs

PEGGY VAUGHAN

FOREWORD BY THEODORE L. RUBIN, M.D. • THIRD EDITION

Monogamy Myth A Personal Handbook For Recovering From Affairs

Judd E. Hollander



Monogamy Myth A Personal Handbook For Recovering From Affairs:

The Monogamy Myth Peggy Vaughan, 2024-05-21 One of the most valuable survival guides for men or women recovering from a partner's affair. Featured on Oprah 48 Hours CNN Fox News and in USA Today. In this landmark book Peggy Vaughan helps us to understand the stages of suspicion, confrontation, and the healing process necessary to recover, including rebuilding self-esteem, the marriage/divorce dilemma, and seeking professional help. Packed with practical, time-tested advice and successful strategies, this authoritative guide reveals: You are not alone; estimates are that at least 60 percent of men and 40 percent of women will have an extramarital affair. People from all walks of life have affairs. Devoted parents, religious individuals, regardless of income or social class. Our society contributes to the prevalence of affairs. An affair does not mean the end of a marriage. Recovery is fueled by honest, open discussion of the affair. Substantiated by case studies, ongoing research, and the author's own experience, this updated third edition includes information on the role of the Internet in relationships, shares the words of others who are recovering from affairs, and describes the six-step program for establishing communication between partners that can actually prevent affairs. *The Monogamy Myth* Peggy Vaughan, 1989. Based on ten years of research and hundreds of interviews, this book reveals the complex reasons why people have affairs, discusses the stages of discovery and coping, the marriage/divorce dilemma, and how to seek professional help.

Secrets to Surviving Infidelity Scott Haltzman, 2025-02-11 Now completely updated. A compassionate guide to help couples survive infidelity and improve their relationship. When a couple's trust is shattered by infidelity, healing may seem beyond reach, but it doesn't have to be. This second edition of *Secrets to Surviving Infidelity* offers a compassionate and practical roadmap toward recovery and reconnection. Through humane insights and step-by-step strategies, Dr. Scott Haltzman, a psychiatrist and marriage educator, shares how to overcome the pain of betrayal and strengthen relationships in its wake. Whether you are the wronged partner, the one who strayed, or a therapist navigating your client's infidelity, this book serves as an essential guide to the intricacies of infidelity, from the initial shock and heartache to the complex process of rebuilding trust. This second edition includes new information on: The evolving definitions of marriage and commitment with updated language to include those who are in unmarried, committed relationships. Relationship challenges unique to the LGBTQ community. Gender and sex issues. The neuroscience of infidelity and flame addiction. Strategies for conflict management. Dr. Haltzman combines real-life stories with robust research to illuminate the types of infidelity, the varied motivations behind affairs, and their impacts on relationships. He provides clear guidance on how to end an affair, how to cope with feelings of anger and grief, and how to foster forgiveness and healing. This book can also serve as a preventive tool to explore and strengthen bonds to make relationships affair-resistant. *Secrets to Surviving Infidelity* is a lifeline for those desperate to recover and safeguard their relationships. [My Husband's Affair BECAME the Best Thing That Ever Happened to Me](#) Anne Bercht, Brian Bercht, 2021-01-05 When Brian told me of his affair, my whole world was shattered. Since the affair

and since the difficult recovery period I have excelled in amazing ways in every area of my life I look and feel better than I did when I was in my twenties I have more energy more zeal and more enthusiasm for life Since I have gotten over my insecurities I experience far better relationships with my husband children and others I also have more fun No matter what tragedies happen in our lives we always have a choice not a choice over what will happen to us but a choice over how we will react to it Will we become bitter or better I chose to become better and now my greatest tragedy has also become my greatest personal victory Anne Bercht Would I want to go back to our marriage before the affair Not a chance Would I have liked to have gotten to this point some other way Absolutely Would I recommend an affair to others so they can reach a greater love and better marriage Absolutely not If you have experienced an affair is rebuilding your marriage worth it You bet it is As long as you love each other and are willing to do the work Brian Bercht **The Monogamy Gap** Eric Anderson,2012-02-07 The Monogamy Gap is a groundbreaking volume that explains why men cheat Drawing on a range of theories across academic disciplines the book highlights the biological compulsion of the sexual urge the social construction of the monogamous ideal and the devastating chasm that lies between them **Sex Matters for Women** Sallie Foley,Sally A. Kope,Dennis P. Sugrue,2011-12-13 A guide to help women understand how their bodies work and to take charge of their sexuality discussing anatomy body image trauma overcoming difficulties and related topics **Blindsided By His Betrayal: Surviving the Shock of Your Husband's Infidelity** Dr. Caroline Madden, Marriage Therapist,2016-05-15 Your husband cheated on you and now you don't recognize yourself You feel crazy You are NOT crazy You are having a normal reaction to being blindsided by your husband's betrayal Your reactions are completely rational and expected responses to such a painful experience You're hurting this book can help Dr Caroline Madden infidelity expert and licensed marriage therapist describes 12 Actions that will help you get back to the woman you were Posttraumatic Affair Syndrome PTAS 7 Actions you want to take but should NOT as They May Backfire Horribly Understand the thoughts that plague you The stupid things your husband says and why he says it This book is geared towards helping you deal with your tumultuous emotions so that you make better more rational decisions **To Have and to Hold** Peggy Vaughan,2010-10-19 From the author of The Monogamy Myth an essential guide written specifically for married couples to strengthen their relationship and prevent affairs Based on Peggy Vaughans 30 years of work with married couples and the issue of affairs this new handbook challenges the assumption that monogamy can be taken for granted and provides the tools for building a strong marriage and preventing affairs Explaining the need to focus on preventing affairs before there is any threat to a marriage she draws on her survey of 755 people regarding their beliefs to present What Wont Work and What Will Work to prevent affairs Throughout To Have and to Hold Vaughan details specific strategies and techniques emphasizing that Relying on attitudes and beliefs is not sufficient to maintain a monogamous relationship over a lifetime Focusing on actions and behaviors is far more significant to strengthen a relationship Responsible honesty is the single most important factor in preventing affairs

Everybody society as a whole plays a role in supporting couples efforts to maintain monogamy Parents have a special responsibility to break the pattern for future generations Four appendices present Vaughans survey questionnaire along with detailed breakdowns of responses *Your Affair!* H. Cameron Barnes,2011 In the face of near universal disapproval between one quarter and one half of all married Americans including 15 30% of married women at some point engage in an extramarital affair They will have either an enriching experience or the sad destructive ugly mess for which affairs are far better known There is one self help book that every one of these millions of people wants and needs to read It has never been written Until now Your Affair is a thoughtful detailed discussion of every aspect of considering preparing for beginning and conducting a successful and emotionally fulfilling extramarital affair including advice case histories numerous first person narratives humorous anecdotes and step by step guidance for every facet of the process Contrary to what the media like to portray many of the major pitfalls are avoidable and an extramarital relationship can bring a person greater happiness and personal growth if properly managed Your Affair shows how *After a Good Man Cheats:* Dr. Caroline Madden, Marriage Therapist,2015-02-17 This book is a practical action plan that will walk you through the first stages after your wife has discovered your infidelity You ll learn the things your wife is going to feel say and do giving you the following Insight into what she is thinking and why this is so hard for her to get over Practical advice so you know exactly what to do at this important stage Actual scripts so you know what to say in response to very specific situations Clear explanations as to why certain words and actions you think will be helpful might be making this worse Two self administered quizzes to help you determine why you cheated so that you can get a better understanding of what triggered your affair Included at the appropriate points are scripts of what to say and why you need to say those words at that time Do not just memorize these words and parrot them back to your wife You have already lost her trust if you start using words you don t normally use you ll sound like you re faking it You will want to translate the scripts into your own natural wording using the meaning of each script as a launching pad for productive healing dialogue with your wife Also other these other questions are answered She doesn t know I feel guilty Should I tell her the truth We aren t married yet How does that impact recovering from the affair I didn t have a physical relationship with my Affair Partner why is my wife so upset What is an Emotional Affair **101**

Questions and Answers on Catholic Married Life Catherine A. Johnston,Rebecca Nappi,Daniel Kendall,2014-05-14 Examines marriage as lived in the context of the Catholic community which supports the couple spiritually emotionally and in many other ways **What Happens After Shattered?** Dr. Deanna Sims,2015-09-04 It is no secret that many hearts have been shattered by infidelity With affairs and sexual addiction at all time highs in our society it is no wonder that those affected by the real life trauma and agonizing pain of unfaithfulness search for ways to cope forgive and eventually heal In her comprehensive Christian self help guidebook What Happens After Shattered licensed mental health counselor Dr Deanna Sims shares gentle guidance that includes case examples strategies for coping and healing and over one hundred biblical

passages With the hope of encouraging and supporting those on a journey to healing after infidelity Dr Sims addresses many key issues including how to identify the different types of affairs honor anger as a natural phase of grieving navigate through the discovery and disclosure phases of an affair understand narcissism and its correlation to infidelity answer questions to determine whether to reconcile or terminate the marriage implement an affair prevention plan to safeguard your marriage work toward a spirit of forgiveness What Happens After Shattered reinforces the important message that hope personal growth and healing are possible even after the life altering experience of an affair A unique and valuable resource for those in the Christian community Peggy Vaughan author of To Have and To Hold and host of DearPeggy.com A well thought out Christian counseling book on the topic of infidelity Rona Subotnik LMFT coauthor of Surviving Infidelity 3rd Edition and author of Why Did He Cheat on Me **The Monogamy Myth** Peggy Vaughn, 1991-06-01 *Handbook of Religion and Health* Harold G. Koenig, Michael E. McCullough, David B. Larson, 2001-01-11 What effect does religion have on physical and mental health In answering this question this book reviews and discusses research on the relationship between religion and a variety of mental and physical health outcomes including depression and anxiety heart disease stroke and cancer and health related behaviors such as smoking and substance abuse The authors examine the positive and negative effects of religion on health throughout the life span from childhood to old age Based on their findings they build theoretical models illustrating the behavioral psychological social and physiological pathways through which religion may influence health The authors also review research on the impact of religious affiliation belief and practice on the use of health services and compliance with medical treatment In conclusion they discuss the clinical relevance of their findings and make recommendations for future research priorities Offering the first comprehensive examination of its topic this volume is an indispensable resource for research scientists health professionals public policy makers and anyone interested in the relationship between religion and health *He Cheated, She Cheated, We Cheated* Ebony A. Utley, 2019-07-18 Infidelity raises questions Why do women stay with a cheater Why do women cheat Why do women become the Other Woman How do past experiences with infidelity impact future relationships Drawing on interviews with U S women of various ages racial backgrounds educational attainments and sexual orientations this insightful study examines their personal experiences of being cheated on cheating being the Other Woman or some combination of the three Always engaging and equal parts uplifting and dispiriting their narratives range from all too familiar stories to unconventional perspectives on love life and interpersonal communication **Tulane Law Review**, 1993 Surviving Separation And Divorce Loriann Hoff Oberlin, 2005-04-01 Reclaim your life and yourself The weeks following your separation may prove to be the most difficult weeks of your life But with a little help and support you will find the strength you need to get through the divorce process and move on Author Loriann Hoff Oberlin M S understands the rough road to starting over A survivor herself she shares her personal experience as well as her professional expertise as she shows you how to rebuild your life step by step *Surviving Separation and Divorce* 2nd Edition provides you

with markers for the legally and emotionally taxing journey ahead including how to Rebuild your self esteem Explore reconciliation or not Help your children get through the transition Deal with lawyers and the court system Manage money and finances Return to and thrive in the workforce Develop an active social life Consider remarriage With this completely revised and updated classic at your side you ll summon your inner strength let go of the past and build a better future starting today

The Gift of Betrayal Eve Wood, M.D.,2009-05-01 You ve been betrayed by a loved one What you counted on to be true is false Betrayal may very well be the cruelest and most painful relationship challenge you ll ever face but you re not alone According to conservative estimates 40 percent of women and 60 percent of men have betrayed their significant other But statistics don t help you feel any better You re a woman who knows what it feels like to be betrayed to have your life shattered to see your dreams go up in smoke You are alone abandoned at risk hopeless and overwhelmed You don t know who you are anymore what s real or whom you can trust While you surely can t see the gift in your betrayal it is there What feels like a curse is really a blessing in disguise Eve A Wood M D ought to know She s been there herself And she s helped hundreds of other women heal their lives after gut wrenching betrayals You too can climb out of your pit of despair and live your heart s desire but you need to know how to do it How will you heal your life when your world explodes You do have a choice you can be a victim or use this experience as an opportunity to create the life you ve always wanted With *The Gift of Betrayal* Dr Wood has written the book she wishes she d been able to read many years ago Her patients and her own life journey have taught her the 14 key lessons necessary to heal your life when your world explodes And now she s sharing them with you Read other women s stories Learn from your own history And then use the guidance tools and suggestions Dr Wood offers to find your own unique path to wholeness and joy You can create a glorious future You will be successful

Betrayed Not Broken Laurel Wiers,2014-08-01 Betrayed Not Broken is a guide to dealing with infidelity It gives easy to follow steps for the individual who is trying to decide whether or not to stay in a relationship For the couple desiring to restore their relationship it provides thought provoking questions to help them understand why the affair happened as well as exercises to guide the couple journey through each stage of dealing with the infidelity

Handbook of Clinical Issues in Couple Therapy Joseph L. Wetchler,2011-03-01 Now updated in its second edition *Handbook of Clinical Issues in Couple Therapy* provides a comprehensive overview of emerging issues that impact couple therapy Unlike other guides that concentrate more on theoretical approaches this invaluable resource contains the latest research and perspectives that every clinician needs when dealing with the challenging issues often found in practice Carefully referenced it explores a range of issues that include intimate partner violence posttraumatic stress disorder and its effect on couple relationships divorce therapy remarriage and cohabitation issues cultural issues and couple therapist training This insightful edited volume is suitable for a wide spectrum of readers including couple and family therapists counselors psychologists social workers pastoral counselors educators and graduate students

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Table of Contents Monogamy Myth A Personal Handbook For Recovering From Affairs

1. Understanding the eBook Monogamy Myth A Personal Handbook For Recovering From Affairs
 - The Rise of Digital Reading Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Advantages of eBooks Over Traditional Books
2. Identifying Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Monogamy Myth A Personal Handbook For Recovering From Affairs
 - User-Friendly Interface

4. Exploring eBook Recommendations from Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Personalized Recommendations
 - Monogamy Myth A Personal Handbook For Recovering From Affairs User Reviews and Ratings
 - Monogamy Myth A Personal Handbook For Recovering From Affairs and Bestseller Lists
5. Accessing Monogamy Myth A Personal Handbook For Recovering From Affairs Free and Paid eBooks
 - Monogamy Myth A Personal Handbook For Recovering From Affairs Public Domain eBooks
 - Monogamy Myth A Personal Handbook For Recovering From Affairs eBook Subscription Services
 - Monogamy Myth A Personal Handbook For Recovering From Affairs Budget-Friendly Options
6. Navigating Monogamy Myth A Personal Handbook For Recovering From Affairs eBook Formats
 - ePub, PDF, MOBI, and More
 - Monogamy Myth A Personal Handbook For Recovering From Affairs Compatibility with Devices
 - Monogamy Myth A Personal Handbook For Recovering From Affairs Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Highlighting and Note-Taking Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Interactive Elements Monogamy Myth A Personal Handbook For Recovering From Affairs
8. Staying Engaged with Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Monogamy Myth A Personal Handbook For Recovering From Affairs
9. Balancing eBooks and Physical Books Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Monogamy Myth A Personal Handbook For Recovering From Affairs
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Setting Reading Goals Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Fact-Checking eBook Content of Monogamy Myth A Personal Handbook For Recovering From Affairs
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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