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infidelity can deliver a
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site that every unfaithful spouse

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should read. There is also a separate guide entitled The Most Common Mistakes Made by the Unfaithful after Infidelity. These two documents are meant to help the unfaithful gain a better

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What to Do if You Just Discovered
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Infidelity? For now, do not make
any hasty decisions. Do NOT think
about the future. Your feelings
are raging and raw. Let's just take
a timeout. Please do NOT do

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anything NOW that you could regret later. Your spouse made a bad choice. Do NOT make it worse. Let me help you through this.

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“ Infidelity: A Survival Guide is a wonderful guide for couples dealing with the aftermath of an infidelity. As a wise and very knowledgeable therapist, Dr. Lusterman clearly explains the complex dynamics of infidelity.

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talk about the pain of the betrayal
without blaming or being
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Your marriage can survive an
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hard, painful work; both of you must be committed to repairing the damage, rebuilding trust, and reconnecting. The unfaithful spouse...

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The discovery of an infidelity can deliver a devastating blow—but it can be survived. Psychologist Don-David Lusterman has spent thousands of hours counseling clients who needed help coping with...

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