

GOOD BOOKS on AFFAIR RECOVERY

Gathered by Linda J. MacDonald

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

– by Linda J. MacDonald (general public with a few spiritual references; great for unfaithful folks who are self-help phobic and need a short, practical manual to stop sabotaging their efforts to save their marriages.) <https://www.amazon.com/Help-Your-Spouse-Heal-Affair/dp/145055332X/>

Mistakes Were Made (But Not by Me) – by Carol Tavris & Elliot Aronson (includes great material on Cognitive Dissonance; good for unfaithful spouses)

<https://www.amazon.com/Mistakes-Were-Made-but-Third/dp/0358329612/>

NOT “Just Friends,” – Shirley Glass (good for therapists and clients, thorough, but a bit long for clients; her approach is my favorite)

<https://www.amazon.com/Not-Just-Friends-Rebuilding-Recovering/dp/0743225503>

The Betrayal Bind – Michelle Mays (most applicable for spouses of sex addicts; Attachment-based model) <https://www.amazon.com/Betrayal-Bind-Heal-Person-Worst/dp/1949481778/>

The Betrayal Bond: Breaking Free of Exploitive Relationships – by Patrick Carnes (excellent For spouses who are unhealthily tolerating maltreatment by a spouse or institution, Stockholm Syndrome, etc. on Trauma-bonding)

<https://www.amazon.com/Betrayal-Bond-Breaking-Exploitive-Relationships/dp/0757318231/>

Private Lies – Frank Pittman (Sensible, down to earth, great for the unfaithful)

<https://www.amazon.com/Private-Lies-Infidelity-Betrayal-Intimacy/dp/0393307077>

Forgiving the Unforgivable: Overcoming the Legacy of Intimate Wounds, – Beverly Flanigan (based on her research on Forgiveness as a Fellow with the Kellogg Foundation; great for folks who need a non-religious approach to forgiveness; Very practical. It is my favorite book on Forgiveness; honors the pain of the injured person yet offers a way to “let go” of major offenses, including infidelity)

<https://www.amazon.com/Forgiving-Unforgivable-Overcoming-Bitter-Intimate/dp/0020322305/>

Torn Asunder: Recovering from an Extramarital Affair – Dave Carder (from a Christian perspective) <https://www.amazon.com/Torn-Asunder-Recovering-Extramarital-Affair/dp/0802471358/>

Everybody Marries the Wrong Person: From Infatuation and Disenchantment to Mature Love – Christine Meinecke (Author) (great for the unfaithful esp.)

<https://www.amazon.com/Everybody-Marries-Wrong-Person-Disenchantment/dp/0882823191>

Affairs: Working Through the Repercussions of Infidelity by Emily Brown

<https://www.amazon.com/Affairs-Working-Through-Repercussions-Infidelity/dp/0787950041/>

Why Won't You Apologize? Healing Big Betrayals and Everyday Hurts by Harriet Lerner
<https://www.amazon.com/dp/1501129619/?bestFormat=true&k=why%20won%27t%20you%20apologize&ref>

ENCOURAGING STORIES:

Addicted to Adultery: How We Saved Our Marriage and How You Can Save Yours

– Richard & Elizabeth Brzeczek (out of print, need to find used copies)

<https://www.amazon.com/Addicted-Adultery-Saved-Marriage-Yours/dp/0553053973/>

Surprised By Love: One Couple's Journey from Infidelity to True Love,

– Jay Kent-Ferraro & Julie Kent-Ferraro

<https://www.amazon.com/Surprised-Love-Couples-Journey-Infidelity/dp/1936487039/>

I Do Again: How We Found a Second Chance at Our Marriage and You Can Too. Cheryl & Jeff Scruggs. Story of a wife's betrayal, their divorce, and later reconciliation. Christian.

<https://www.amazon.com/Do-Again-Second-Chance-Marriage/dp/1400074452>

Unfaithful: Hope and Healing After Infidelity – Gary Shriver and Mona Shriver (Christian couple's story) <https://www.amazon.com/Unfaithful-Hope-Healing-After-Infidelity/dp/1434765334/>

MENDED: One Couple's Journey From Betrayal To Imperfect Beauty – Rick & Tiffany Bulman. Great story of a wife's betrayal and a pastor's hard-earned lessons. The book is out of print, so you must search for used copies online. <https://www.abebooks.com/Mended-couples-journey-betrayal-imperfect-beauty/32199029982/bd?msocid=1c3cc6dc87286a243983d30286926bee>

FOR BETRAYED & ABANDONED SPOUSES:

Runaway Husbands: The Abandoned Wife's Guide to Recovery and Renewal, by Vikki Stark (excellent, Vikki is a therapist who went through this experience. Some Buddhist tools.)
<https://www.amazon.com/Runaway-Husbands-Abandoned-Recovery-Renewal/dp/1988498015>

The Journey from Abandonment to Healing: Revised and Updated: Surviving Through and Recovering from the Five Stages That Accompany the Loss of Love, by Susan Anderson
<https://www.amazon.com/Journey-Abandonment-Healing-Surviving-Recovering/dp/0425273539/>

Leave a Cheater, Gain a Life: The Chump Lady's Survival Guide – Tracy Schorn (humorous, salty language, encourages self-respect in aftermath of being rejected after infidelity)
<https://www.amazon.com/Leave-Cheater-Gain-Life-Survival/dp/0762458968/>

The Journey from Abandonment to Healing. By Susan Anderson. Helpful for understanding the stages of recovery from an unfaithful, abandoning spouse. She is an abandonment grief specialist.
<https://www.amazon.com/Journey-Abandonment-Healing-Surviving-Recovering/dp/0425273539/>

Christian:

(Un)Faithful: Finding Healing After Your Husband's Affair (Whether Your Marriage Survives Or Not) by Ruth Erickson, faith-based.

<https://www.amazon.com/Faithful-Finding-Husbands-Marriage-Survives/dp/0645397733>

Formerly A Wife: A Survival Guide for Women Facing the Pain and Disruption of Divorce, by Welby Obrien

<https://www.amazon.com/Formerly-Wife-Survival-Disruption-Divorce/dp/1632694816>

Better Than Okay: Finding Hope and Healing After Your Marriage Ends, by Brandi Wilson

<https://www.amazon.com/Better-Than-Okay-Finding-Marriage/dp/0764241419/>

Walking Through Fire: A Memoir of Loss and Redemption, by Vaneetha Rendall Risner

<https://amzn.to/48IJ9Kg>

Intimate Deception: Healing the Wounds of Sexual Betrayal. Dr. Sheri Keffer. Excellent resource for understanding betrayal trauma after spousal infidelity and sex addiction.

<https://www.amazon.com/dp/0800735056/>
