

GOOD BOOKS ON AFFAIR RECOVERY

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," By 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. By 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. By Frank Pittman. Sensible, down to earth, witty. Great for the unfaithful. One betrayer called it "the book from hell" (which was a good thing.)
<https://www.amazon.com/Private-Lies-Infidelity-Betrayal-Intimacy/dp/0393307077>

Forgiving the Unforgivable: Overcoming the Legacy of Intimate Wounds. By Beverly Flanigan. The book is 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. By Dave Carder.

Written 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. By Christine Meinecke. Great for the unfaithful to become more realistic about marriage.

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

Affairs: Working Through the Repercussions of Infidelity. By Dr. Emily Brown. Goes through factors that make a couple vulnerable to infidelity.

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

Why Won't You Apologize? Healing Big Betrayals and Everyday Hurts. By Dr. Harriet Lerner. Love this book. Covers apology principles well.

<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. The book is out of print, so you would need to find used copies online.

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

Surprised By Love: One Couple's Journey from Infidelity to True Love. By Jay Kent-Ferraro & Julie Kent-Ferraro. Told by each one's perspective.

<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. By 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. By Gary Shriver and Mona Shriver A 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?msockid=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. Uses some Buddhist-like 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. Very helpful for coping with abandonment grief.

<https://www.amazon.com/Journey-Abandonment-Healing-Surviving-Recovering/dp/0425273539/>

Leave a Cheater, Gain a Life: The Chump Lady's Survival Guide. By Tracy Schorn. Humorous, no-nonsense; encourages a perspective that builds a betrayed person's self-respect after infidelity. Warning: she uses salty language. Has a good online blog, too.

<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 AUTHORS

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

<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. One of the first books written for betrayed and abandoned Christian women.

<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. She was married to a pastor of a mega church and shares her story of the fallout. Great input for helping kids through this. Hope-filled.

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

Walking Through Fire: A Memoir of Loss and Redemption, by Vaneetha Rendall Risner. Many layers of loss: a child, severe health issues, and losing her spouse after he had an affair. Honest. Moving. <https://amzn.to/48lJ9Kg>

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

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

Redeeming the Post-Affair Divorce: Heal Your Life, Restore Your Faith after Infidelity Breaks Up Your Marriage. By Linda J. MacDonald. Comprehensive book for recovering and rebuilding your life after intimate betrayal and an unwanted divorce. Filled with true stories and hopefilled truths for recovery regarding the trauma, grief, shame, and spiritual disillusionment that accompanies these experiences, one right after the other. Written by an expert who's "been there." <https://a.co/d/1l1aQBt>