

## BOOKS AND RESOURCES on INFIDELITY RECOVERY

### Resources for Professionals to Know About

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

-- by Linda J. MacDonald (Written for the 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. Ideally, the first book to read.)

<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, 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. Well-written.) <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/>

***Intimate Deception*** – Sheri Keffer (Christian, good material on neurobiology of trauma and recovery) <https://www.amazon.com/Intimate-Deception-Dr-Sheri-Keffer/dp/0800735056/>

***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***, by Beverly Flanigan, M.S.S.W. (A professor at the University of Wisconsin, and researcher with the Kellogg Foundation’s study on forgiveness; great for folks who need a non-religious approach to forgiveness; Very practical. 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/>

***The Gift of Fear*** by Gavin de Becker (helpful for traumatized folks who need to learn how to listen to their gut instincts) <https://www.amazon.com/Gift-Fear-Gavin-Becker/dp/0316235776/>

***Affairs: Working Through the Repercussions of Infidelity*** by Emily Brown (Clinical Psychologist; her book, written for the general public.)

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

***Torn Asunder: Recovering from an Extramarital Affair***, by 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*** by Christine Meinecke (Author) (great for the unfaithful esp.) <https://www.amazon.com/Everybody-Marries-Wrong-Person-Disenchantment/dp/0882823191>

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#### ENCOURAGING STORIES:

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***Addicted to Adultery: How We Saved Our Marriage and How You Can Save Yours*** by 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***, by Jay Kent-Ferraro & Julie Kent-Ferraro (Their journey from betrayal, separation, and estrangement, and the lessons each learned.) <https://www.amazon.com/Surprised-Love-Couples-Journey-Infidelity/dp/1936487039/>

***Unfaithful: Hope and Healing After Infidelity*** by Gary Shriver and Mona Shriver (A Christian couple's story. Out of print, look for used copies.) <https://www.amazon.com/Unfaithful-Hope-Healing-After-Infidelity/dp/1434765334/>

***Why I Stayed: The Choices I Made in My Darkest Hour*** by Gayle Haggard. (Gayle's story about how she coped with her pastor husband's highly publicized scandal of same-sex encounters. Only caveat: In my view, she was a bit unrealistic regarding her hopes and expectations of how the church should react. Otherwise, a great story.) <https://www.amazon.com/Why-Stayed-Choices-Made-Darkest/dp/1414335873>

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#### FOR BETRAYED & ABANDONED SPOUSES:

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***Runaway Husbands: The Abandoned Wife's Guide to Recovery and Renewal***, by Vikki Stark (a therapist who experienced this and recovered). <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 (an abandonment grief specialist who experienced spousal abandonment after 20 years of marriage). <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, salty language, encourages self-respect in the aftermath of being rejected after infidelity.) <https://www.amazon.com/Leave-Cheater-Gain-Life-Survival/dp/0762458968/>

## CHRISTIAN BOOKS FOR ABANDONED PARTNERS:

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***Redeeming the Post-Affair Divorce: Heal Your Life, Restore Your Faith After Infidelity Breaks Up Your Marriage*** – Linda J. MacDonald, faith-based, infidelity specialist for 33 years.  
<https://www.amazon.com/Redeeming-Post-Affair-Divorce-Infidelity-Marriage/dp/B0FSJPZY9Q/>

***(Un)Faithful: Finding Healing After Your Husband's Affair (Whether Your Marriage Survives Or Not)*** By Ruth Erickson (Worship leader, coach; shares personal recovery 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 (Therapist, shares personal story and tips for recovery.)  
<https://www.amazon.com/Formerly-Wife-Survival-Disruption-Divorce/dp/1632694816>

## ONLINE RESOURCES:

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**Affair Recovery Center** – help for individuals and couples struggling with infidelity, founded by Rick Reynolds. Help for betrayer and the betrayed. Many free and paid-for resources, videos, etc. Plus confidential online support groups, assessments: [www.affairrecovery.com](http://www.affairrecovery.com)  
Affair Recovery Center's Free videos:  
<https://www.youtube.com/channel/UCeneINV1yWUhjo1xCjz099Q/videos>

**Betrayal Trauma Recovery** – Therapists, coaches for women dealing with various kinds of betrayal trauma. Counseling, resources, support groups and podcasts available. Anne Blythe.  
<https://www.btr.org/about>, <https://www.btr.org/>  
Podcasts: <https://podcasts.apple.com/us/podcast/betrayal-trauma-recovery/id1118969643>

**BravingHope.com** A website for both betrayed and sexually addicted spouses. Michelle Mays, Certified Sex Addiction Therapist and Supervisor has wonderful blogs, groups, and coaching help. Her video channel is filled with healing wisdom.  
<https://www.youtube.com/c/MichelleMaysChannel/videos>

**Emotional Affair Journey** – Doug and Linda are experienced leaders in the affair recovery movement. Highly recommend getting on their newsletter email list. They have many resources, articles, and programs. newsletters and a blog that are very helpful for either one or both partners after a physical or emotional affair: <https://www.emotionalaffair.org/>

**Sex and Relationship Healing.** Drop-in groups for support for betrayed and unfaithful. Panel of experts. <https://sexandrelationshiphealing.com/live-drop-in-discussion-groups/>

**Surviving Infidelity** – website with resources, articles, and a forum for folks to share their feelings and thoughts in writing. Helpful for folks in a variety of situations: betrayed spouses, recent discovery, separated, working on reconciling, or divorce. <https://survivinginfidelity.com/>

**Helping Couples Heal podcasts.** Excellent interviews. <https://helpingcouplesheal.com/podcasts/>

## INFIDELITY RESOURCES FOR PROFESSIONALS:

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**Anne Blythe Interview, featuring Dr. Minwalla:** <https://www.btr.org/secret-sexual-basement/>  
Every professional ought to listen to this excellent, in-depth broadcast. The transcript is worth saving.

***Patterns of Infidelity and Their Treatment*** by Emily Brown (Clinical Psychologist, written for clinicians. Comes from a “systems theory” point of view.)

<https://www.amazon.com/Patterns-Infidelity-Their-Treatment-Emily/dp/1583913696/>

***NOT “Just Friends,”*** by Shirley Glass (Outstanding. Good for therapists; A bit long for clients)

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

***The Post-Traumatic Stress Disorder Sourcebook*** – by Dr. Glenn Schiraldi

<https://www.amazon.com/Post-Traumatic-Disorder-Sourcebook-Revised-Expanded/dp/0071840591/>

***Blind to Betrayal*** – Jennifer Freyd (Professor & Clinical Psychologist; relates to any kind of abusive, intimate betrayal; scientific)

<https://www.amazon.com/Blind-Betrayal-Ourselves-Arent-Fooled/dp/0470604409>

## ONLINE SUPPORT for PROFESSIONALS:

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**Professional Drop-in Group:** <https://sexandrelationshiphealing.com/your-own-sexual-behavior/weekly-webinars/professionals-betrayed-partner-group-for-women/> (A free online drop-in group for betrayed spouses who are professionals who need to find a safe space to process their personal betrayal experience, without the fear of running into a client.).

**Resources for Professionals** by Rae Gaelyn Emerson, APSATS supervisor. (Classes, support groups, training, personal coaching, case or topic consultation for all things related to betrayal, sex addiction, and divorce. Offers personal help for yourself as a clinician or to help you better serve your clients.)

<https://healingtalksback.com/professionals/>