

## **GOOD BOOKS ON AFFAIR RECOVERY (book titles include links)**

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[\*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.

[\*Mistakes Were Made \(But Not by Me\).\*](#) By Carol Tavris & Elliot Aronson. Includes great material on Cognitive Dissonance; good for unfaithful spouses.

[\*NOT "Just Friends,"\*](#) By Shirley Glass. Good for therapists and clients, thorough, but a bit long for clients; her therapy approach is my favorite. I took a 20-hour intensive workshop with her. Loved it.

[\*The Betrayal Bind.\*](#) By Michelle Mays (most applicable for spouses of sex addicts; Attachment-based model.

[\*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.

[\*Private Lies.\*](#) By Frank Pittman. Sensible, down-to-earth, witty. Great motivator for the unfaithful. One betrayer called it "the book from hell" (which was a good thing.)

[\*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; it honors the pain of the injured person yet offers a way to "let go" of major offenses, including infidelity.

[\*Torn Asunder: Recovering from an Extramarital Affair.\*](#) By Dave Carder. Written from a Christian perspective. One of my favorites.

[\*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.

[\*Affairs: Working Through the Repercussions of Infidelity.\*](#) By Dr. Emily Brown. Goes through factors that make a couple vulnerable to infidelity.

[\*Why Won't You Apologize? Healing Big Betrayals and Everyday Hurts.\*](#) By Dr. Harriet Lerner. Love this book. Covers apology principles well.

### **ENCOURAGING STORIES:**

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[\*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.

[\*Surprised By Love: One Couple's Journey from Infidelity to True Love.\*](#) By Jay Kent-Ferraro & Julie Kent-Ferraro. Told from each one's perspective.

[\*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.

[\*Unfaithful: Hope and Healing After Infidelity.\*](#) By Gary Shriver and Mona Shriver A Christian couple's story.

[\*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.

### **FOR BETRAYED AND ABANDONED SPOUSES:**

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[\*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.

[\*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.

[\*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.

## CHRISTIAN AUTHORS

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

[Formerly A Wife: A Survival Guide for Women Facing the Pain and Disruption of Divorce](#), By Welby O'Brien. One of the first books written for betrayed and abandoned Christian women.

[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.

[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.

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