

BOOKS AND RESOURCES

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/>

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, – 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/>

The Gift of Fear – 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/>

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/>

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/>

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/>

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>

ONLINE RESOURCES:

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

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, 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, divorce. <https://survivinginfidelity.com/>

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