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whether you want to end the relationship or piece things back together getting past the affair guides you through the initial trauma so you can understand what happened and why before deciding how to move forward based on the only

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*sample chapter getting past the affair a program to help*

to express care for their partners once the affair is over as well as remorse it s important that they understand why they ended up getting involved in an affair if your partner explores these issues trust and intimacy may grow between you again this book is for you if you re in a committed relationship whether you re married or not

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getting past the affair helps them overcome the initial shock understand what happened and why and think clearly about their best interests before they act based on the combined insight of leading marital therapists and researchers this unique program encourages couples and individuals to take things one step at a time whether they stay

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