

INFIDELITY SURVIVAL PLAN: THE QUINTESSENTIAL GUIDE TO SURVIVING AN AFFAIR: A PROVEN 7 STEP PLAN FOR HEALING FROM INFIDELITY AND ENSURING YO

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*A Proven 7 Step Plan for Healing from Infidelity
and Ensuring You Avoid It in the Future*



DR. KAT PEOPLES

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In this practical and easy to read guide, Dr. Kat Peoples gives you effective advice about how to heal from infidelity and make your relationship safe from further affairs. Her 7 step process is simple to use and incredibly effective. This powerful and practical guide is full of hope, guiding you through healing from an intensely painful experience into a relationship that lasts: In her 7 Step Plan, Dr. Peoples shows you how to: Confront your spouse Identify reasons for the affair Manage obsessive thoughts Learn when and how to forgive Avoid infidelity in your future And so much more! Dr. Kat Peoples is a licensed counselor and a coach in private practice and specializes in working with couples healing from infidelity. In her book, she draws on 15 years of clinical experience in working with struggling couples to provide you with a step-by-step guide for how to heal from infidelity. In her book, Dr. Peoples also shows you how to infidelity-proof your relationship so that your marriage is strong and secure for years to come. With her practical guidance and concrete instructions, you are armed with the best information for your success.

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1 of 1 people found the following review helpful.

If you are struggling with marital infidelity, this book will help you heal your relationship

By Anthony Boone Ph.D.

Speaking as a counselor, this is a valuable book. Dr. People's book is an essential tool for those who have felt the pain of infidelity in their relationship. Written for the couple and the professional therapist, her book attest to the ability for couples to find solutions to their marital infidelity. I highly recommend this book to the couple because it is both clear yet respectful. The text presents a framework for the head to understand the emotional impact of the affair so that the heart can heal from the infidelity. If you are struggling with marital infidelity, this book will help you maintain your relationship- one that you have invested time, life, and love.

For the professional it is a valuable tool to address marital infidelity from a solution focused base. While still having respect for longer term therapeutic methods (Gestalt, Psychodynamic, etc....) that might be employed once the crisis is addressed. Dr. Peoples provides methods that will aid the healing process. Too many times these long -term therapies shoot themselves in the foot by deferring to process rather than employing interventions that are steps for healing and change. Dr. Peoples defines 7 steps that aid couples with nursing the relationship back into a health. In clear and concise language the book suggests methods that the couple can use to heal the wound in their relationship. For those who work with couples, a tool such as this book is a

valuable one to manage the pain, energy, and emotion of an extramarital affair. For the couple, if a stronger bond is desired after the betrayal then this book will gently guide you through that dark time. This book will give hope to those who are working to keep their relationship whole.

0 of 0 people found the following review helpful.

The Infidelity Survival Plan is an easy to read

By john massella

The Infidelity Survival Plan is an easy to read, well thought out text that explains the dynamics of relationships, beliefs, values, and hurt. Dr. Peoples explains in understandable terminology how we formulate our values and beliefs and the impact these have upon relationships. She normalizes the painful experience of feeling betrayed and allows us a step-by-step guide to healing. As a therapist and clinical supervisor for more than 30 years I have used similar methodology and techniques as Dr. Peoples but have not synthesized them into such a cohesive package as Dr. Peoples has done in this book. When reading it on truly gets the feeling that they're having a conversation with their therapist. I have already recommended this book to clients in opposite sex and same-sex relationships. This mindful book will assist anyone who has struggled or is struggling with the aspects and undercurrents of infidelity. It is also a must read for any clinician working with couples where feelings of unfaithfulness or disloyalty are issues in treatment. Dr. John D, Massella

0 of 0 people found the following review helpful.

Healing after an affair: Conveying hope through practicality.

By Amazon Customer

As a therapist in private practice working with individuals, I find this book to be a practical guide to helping hurt partners deal with the disastrous effects that infidelity can cause. The book is laid out in clear, rational steps to assist in increasing communications to understand and resolve the conflict, manage feelings and work toward breaking the negative cycles that perpetuate the drama and stunt any hope of progress in healing the relationship. The book is structured in seven main steps, each equipped with behavioral strategies with clear directions. This is the way that people learn to change patterns and internalize the change- through behavior. This book really conveys hope! I highly recommend this for clinicians as well as people who have been hurt by infidelity and want to work toward healing.

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