



# Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage

By Steven Solomon PhD, Lorie Teagno PhD

Download now

Read Online 

## Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage

By Steven Solomon PhD, Lorie Teagno PhD

### A Guide to Rebuilding Trust and Intimacy

It's devastating to discover that the person you trust the most has betrayed you. You'll be facing some hard questions after learning of your partner's infidelity. You may choose to rebuild your relationship, or you may decide to move on. Whatever the right decision is for you, this book will help you figure out why your partner betrayed you and decide whether you can remain in your relationship. It will also show you new ways to relate that can help you and your partner become a lasting, loving, and committed couple.

You'll start by taking a look at the phenomenon of infidelity and the three types of intimacy: self-intimacy, conflict intimacy, and affection intimacy. Then you'll learn about the three kinds of infidelity—those of fear, of loneliness, and of anger—and what each reveals about your relationship. Then it's on to practical exercises that can heal emotional wounds and enable you to recover your ability to trust. Even if you decide not to remain with your current partner, the book will help you make wise relationship choices to "affair-proof" your future relationship.

 [Download Intimacy After Infidelity: How to Rebuild and Affa ...pdf](#)

 [Read Online Intimacy After Infidelity: How to Rebuild and Af ...pdf](#)

# Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage

*By Steven Solomon PhD, Lorie Teagno PhD*

**Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage** By Steven Solomon PhD, Lorie Teagno PhD

A Guide to Rebuilding Trust and Intimacy

It's devastating to discover that the person you trust the most has betrayed you. You'll be facing some hard questions after learning of your partner's infidelity. You may choose to rebuild your relationship, or you may decide to move on. Whatever the right decision is for you, this book will help you figure out why your partner betrayed you and decide whether you can remain in your relationship. It will also show you new ways to relate that can help you and your partner become a lasting, loving, and committed couple.

You'll start by taking a look at the phenomenon of infidelity and the three types of intimacy: self-intimacy, conflict intimacy, and affection intimacy. Then you'll learn about the three kinds of infidelity—those of fear, of loneliness, and of anger—and what each reveals about your relationship. Then it's on to practical exercises that can heal emotional wounds and enable you to recover your ability to trust. Even if you decide not to remain with your current partner, the book will help you make wise relationship choices to "affair-proof" your future relationship.

**Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage** By Steven Solomon PhD, Lorie Teagno PhD **Bibliography**

- Sales Rank: #44618 in Books
- Published on: 2006-11-01
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .45" w x 6.10" l, .63 pounds
- Binding: Paperback
- 208 pages

 [Download Intimacy After Infidelity: How to Rebuild and Affa ...pdf](#)

 [Read Online Intimacy After Infidelity: How to Rebuild and Af ...pdf](#)

## Download and Read Free Online *Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage* By Steven Solomon PhD, Lorie Teagno PhD

---

### Editorial Review

#### Review

Solomon and Teagno have done an exquisite job bringing hope into darkness. They provide the education, skills and rationale for staying the course when everything seems bleak. Allow them to lead you in overcoming betrayal and reconnecting with the one you love.

—Elynn Bader, Ph.D., codirector of the Couples Institute and author of *Tell Me No Lies*

*Intimacy After Infidelity* is loaded with practical exercises and concrete advice that will help partners construct a strong and resilient relationship after an affair. Couples struggling with issues of trust and forgiveness will find it immediately useful.

—Janis Abrahms Spring, Ph.D., author of *After the Affair* and *How Can I Forgive You?*

*Intimacy After Infidelity* is clear, informative, challenging, and smart—and most of all a tremendous source of hope for all couples who have endured the trauma of infidelity. The authors interweave sound theory, clinical stories, and structured exercises to help couples understand what the hell went wrong and why. And they give couples tools to pick up the pieces and (if they can commit to maturely facing the fear, loneliness, and anger) put this relationship back together again actually better and more truly intimate than ever before. I highly recommend this book!

—David B. Wexler, Ph.D., author of *When Good Men Behave Badly* and *Is He Depressed or What?*, and executive director of the Relationship Training Institute

For those courageous souls who wish to repair, rebuild, and rejoin after an infidelity, this wonderfully wise guide can be a gift to your emerging new relationship. Developing new skills and knowledge is essential when you travel over emotionally painful terrain. This book is a trusty companion for your journey.

—Peter Pearson, Ph.D., cofounder of the Couples Institute in Menlo Park, CA

A must read for everyone going through the pain of infidelity as well as for everyone who wants to improve his or her marriage —full of sound, practical advice on how to improve your marriage no matter what the obstacles.

—Cloé Madanes, president of the Robbins-Madanes Center for Strategic Intervention

From the Publisher

This book offers readers a compassionate and effective strategy for recovery after their partner had cheated: by identifying the three kinds of infidelity; overcoming the pain of betrayal; and learning to rebuild a healthier "affair-proof" relationship.

About the Author

Steven D. Solomon, PhD, is a licensed clinical psychologist who specializes in couples therapy. He has been in private practice in La Jolla, CA, for more than twenty years. He is a founding director of the Relationship Institute and past president of the San Diego Psychological Association, the United Jewish Federation of San Diego County, and Hillel of San Diego. He and his wife, Esther, have been married for twenty-one years and are the very proud parents of their son, Lewis.

Lorie J. Teagno, PhD, is a licensed clinical psychologist in La Jolla, CA, where she has worked in private practice for more than twenty years. A founding director of The Relationship Institute, she has been an adjunct lecturer at United States International University. She has provided training for many therapists in couples counseling.

## **Users Review**

**From reader reviews:**

**Clarence Liller:**

Within other case, little persons like to read book Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage. You can choose the best book if you want reading a book. Providing we know about how is important a new book Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage. You can add know-how and of course you can around the world by way of a book. Absolutely right, due to the fact from book you can recognize everything! From your country until eventually foreign or abroad you will be known. About simple matter until wonderful thing you could know that. In this era, you can open a book or maybe searching by internet system. It is called e-book. You need to use it when you feel uninterested to go to the library. Let's learn.

**Raquel Black:**

Nowadays reading books be a little more than want or need but also get a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge even the information inside the book this improve your knowledge and information. The info you get based on what kind of guide you read, if you want attract knowledge just go with knowledge books but if you want truly feel happy read one along with theme for entertaining for instance comic or novel. The actual Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage is kind of publication which is giving the reader capricious experience.

**Johnnie Colby:**

A lot of people always spent their particular free time to vacation or maybe go to the outside with them loved

ones or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity this is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent all day long to reading a reserve. The book Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage it is very good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. Should you did not have enough space to create this book you can buy the actual e-book. You can m0ore simply to read this book from your smart phone. The price is not too costly but this book provides high quality.

### **Susan Negri:**

What is your hobby? Have you heard this question when you got pupils? We believe that that issue was given by teacher for their students. Many kinds of hobby, Every individual has different hobby. And you also know that little person such as reading or as examining become their hobby. You should know that reading is very important and book as to be the point. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You get good news or update about something by book. Different categories of books that can you take to be your object. One of them is niagra Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage.

**Download and Read Online Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage By Steven Solomon PhD, Lorie Teagno PhD #XB8LZG3VHA0**

# **Read Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage By Steven Solomon PhD, Lorie Teagno PhD for online ebook**

Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage By Steven Solomon PhD, Lorie Teagno PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage By Steven Solomon PhD, Lorie Teagno PhD books to read online.

## **Online Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage By Steven Solomon PhD, Lorie Teagno PhD ebook PDF download**

**Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage By Steven Solomon PhD, Lorie Teagno PhD Doc**

**Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage By Steven Solomon PhD, Lorie Teagno PhD Mobipocket**

**Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage By Steven Solomon PhD, Lorie Teagno PhD EPub**

**XB8LZG3VHA0: Intimacy After Infidelity: How to Rebuild and Affair-Proof Your Marriage By Steven Solomon PhD, Lorie Teagno PhD**