



Betrayed Not Broken: From Discovery to Decision Making; Your Journey Through Infidelity

Laurel Wiers

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Today, 50 percent of relationships will experience infidelity. Do you know the signs? If your partner is cheating, can your relationship survive? When infidelity is exposed, your world is turned upside down. Knowing how to move forward and finding the answers to all your questions can be overwhelming and difficult. *Betrayed Not Broken* gives you the answers you need and guides you through the emotional process from the discovery of his betrayal to making the decision to stay or go. If you make the choice to try and restore a relationship after infidelity, some things you may want to know are: What am I allowed to ask of him so I can trust again? Should I ask him to cut off the relationship with his lover right away? How long will it take to heal from infidelity and make a decision? What can add to your confusion is wondering: Should I just forgive and forget? Is it true that "once a cheater always a cheater"? Can I ask for details about the affair? Is it cheating if he didn't have sex with her?

Betrayed Not Broken is for the woman who has experienced infidelity or thinks she might have a cheating partner. It is also for the couple wanting to repair the relationship after betrayal. This guide is written in an easy-to-follow format that gives the answers you are looking for right when you need them without any psychobabble-just clear direction. Each chapter ends with questions you can ask yourself as well as provides exercises for both you and your partner as you journey past the betrayal. It's hard to know what to do once infidelity has been revealed; *Betrayed Not Broken* makes it easier.

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