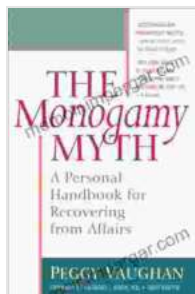


# Rediscovering Yourself: A Personal Handbook for Recovering from Affairs



## The Monogamy Myth: A Personal Handbook for Recovering from Affairs by Peggy Vaughan

★★★★☆ 4.4 out of 5

Language	: English
File size	: 995 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 258 pages



Infidelity can be one of the most devastating experiences a person can go through. The betrayal of trust, the loss of love, and the shattering of dreams can leave you feeling lost, broken, and alone. If you're struggling to recover from an affair, know that you're not alone. Millions of people have been through what you're going through, and there is hope for healing and recovery.

This personal handbook is designed to help you navigate the emotional turmoil and practical challenges of recovering from an affair. You'll find strategies for healing, rebuilding trust, and rediscovering your true self. This handbook is not a magic wand that will make all your problems disappear overnight. But if you're willing to put in the work, it can help you find your way back to a place of hope, healing, and happiness.

## **Chapter 1: The Aftermath of an Affair**

The discovery of an affair is like an earthquake that shakes the very foundations of your life. You may feel like your whole world has been turned upside down. The pain, anger, and confusion can be overwhelming. In this chapter, we'll explore the common emotional and psychological reactions to infidelity, and we'll discuss how to cope with these challenges.

## **Chapter 2: Healing the Hurt**

Recovering from an affair takes time and effort. There is no one-size-fits-all solution, but there are some general principles that can help you heal the hurt. In this chapter, we'll discuss the importance of self-care, forgiveness, and letting go. We'll also explore different therapeutic approaches that can help you process your emotions and move forward.

## **Chapter 3: Rebuilding Trust**

If you want to save your relationship after an affair, you'll need to rebuild trust. This is a difficult and challenging process, but it's not impossible. In this chapter, we'll discuss the steps you can take to rebuild trust with your partner. We'll also explore the importance of setting boundaries and communicating your needs.

## **Chapter 4: Rediscovering Your True Self**

An affair can shatter your sense of self. You may start to question who you are and what you want out of life. This is a normal reaction to infidelity, but it's important to remember that you are not defined by your partner's actions. In this chapter, we'll explore ways to rediscover your true self and rebuild your self-esteem.

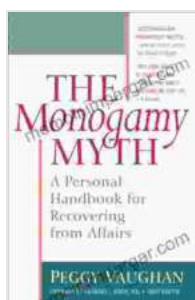
## Chapter 5: Moving Forward

Recovering from an affair is a journey, not a destination. There will be ups and downs along the way, but it's important to keep moving forward. In this chapter, we'll discuss the importance of setting goals, taking care of your physical and mental health, and finding support from others. We'll also explore the possibility of reconciliation with your partner, if that's something you're interested in.

Recovering from an affair is a difficult process, but it's possible. With the right tools and support, you can heal the hurt, rebuild trust, and rediscover your true self. This personal handbook is a valuable resource for anyone who is struggling to recover from infidelity. It provides practical advice, emotional support, and hope for a brighter future.

If you're ready to start your journey to recovery, Free Download your copy of *Personal Handbook for Recovering from Affairs* today.

You deserve to be happy. You deserve to heal. You deserve to rediscover yourself.



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