

# Ten Books That Can Help You Move From Pain To Recovery

The best way to get a comprehensive understanding of the complex reasons for affairs is to learn as much as possible about the whole subject of affairs. Reading lots of good books by respected experts in the field can help.

When you're struggling with the emotional turmoil of your spouse's affair, I encourage you to read. And read a lot. That's because your emotions are so strong that it's very difficult to think clearly or make rational decisions as to how to deal with the situation.

Reading to get more understanding of affairs can help recovery.

## Read these excellent books:

1. **After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful** by Janis Abrahms Spring
2. **First Aid For The Betrayed: Recovering from the Devastation of an Affair; a Personal Guide to Healing** by Richard Alan
3. **Getting Past the Affair: A Program to Help You Cope, Heal, and Move On—Together or Apart** by Douglas K. Snyder, Donald H. Baucom, and Kristina Coop Gordon
4. **"Affair-Proof" Your Marriage: Understanding, Preventing and Surviving and Affair** by Lana Staheli
5. **NOT "Just Friends" Protect Your Relationship from Infidelity and Heal the Trauma of Betrayal** by Shirley Glass
6. **Private Lies: Infidelity and the Betrayal of Intimacy** by Frank Pittman

7. **Surviving Infidelity: Making Decisions, Recovering from the Pain** by Rona Subotnik and Gloria Harris
8. **Betrayed! How You Can Restore Sexual Trust and Rebuild Your Life** by Riki Robbins
9. **Beyond the Affair: The Healing of a Marriage** by Loyd Kinnett
10. **Torn Asunder: Recovering From Extramarital Affairs** by Dave Carder

There are so many incredible books on the subject of affairs that can help you to offset the mental and emotional turmoil of your partner's affair that doesn't simply go away on its own. This list is just a start. You can pick up all of these books on **Amazon.com**