



He Cheated, She Stayed: How Women Can Get Over Infidelity

Sarah Lilton (Cheating Advice Columnist)

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ABOUT THE BOOK

Infidelity is one of those things that you hear about happening, but never suspect will actually happen to you. After seeing portrayals of marital infidelity or cheating boyfriends all over movies, TV shows, books, tabloid magazines and gossip websites, it's hard not to be aware of the problem in a general sense. Chances are high that you know somebody was cheated on by somebody else, or you know somebody who cheated on his or her partner. Maybe the latest infidelity is a favorite focus of gossip between you and your friends or coworkers. But even as you hear stories or read statistics, everything changes when you are actually the person who has to come to terms with the difficult, heart-rending and complex experience of learning that someone you care about has been unfaithful.

The process of fully realizing that your partner has been cheating on you can be a difficult one, whether you have been dating for a few months or married for years. Perhaps you have suspected infidelity, but have tried to stay optimistic and give your partner the benefit of the doubt, or were unable to face the negative consequences of having the affair verified. Maybe you did not suspect any unfaithfulness, and the news comes as a world-shattering shock. There are several signs of infidelity that you can watch out for, to better gauge your spouse's infidelity...

EXCERPT FROM THE BOOK

Children. If you have children together, then the idea of breaking apart a marriage or relationship does not just affect the two of you, it also impacts the lives of your children. Many women will choose to stay with unfaithful partners because they would rather try to make the relationship work than risk hurting their children, whether emotionally or by cutting down on their resources. Divorce can mean having less financial resources, needing to change school systems or move to different cities and spending less time with one parent or the other, all of which can be hard on children. Therefore, some women decide to think of the entire family and work on healing the marriage or relationship.

Stability. Finding out about infidelity is usually enough to shake your sense of stability and confidence, but separating can be even more challenging in this respect. One of the benefits of being in a marriage or long-term relationship is the sense of overall security and having a general sense of how your future looks. Infidelity shakes this vision and may cause you to question certain aspects of your relationship, but for some women, the idea of also ending the relationship is an even bigger loss of stability and peace of mind. In this case, women want to rebuild the stable future they envisioned for themselves instead of starting from scratch with shaky plans. Overcoming the wounds of infidelity is an important first step...

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CHAPTER OUTLINE

Modern Lifestyles: He Cheated, She Stayed: How Women Can Get Over Infidelity
+ Introduction

- + Women Who Stay with Unfaithful Men
- + Rebuilding Your Relationship
- + Common Mistakes and Ways to Avoid Them
- + ...and much more

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