[Recovery](http://www.affairhealing.com/affair-recovery/)

* [Questions & Answers](http://www.affairhealing.com/affair-questions/)
* [Affair Stories](http://www.affairhealing.com/affair-stories/)
* [Counseling](http://www.affairhealing.com/affair-counseling/)
* [Books & Resources](http://www.affairhealing.com/books-resources/)
* [Contact](http://www.affairhealing.com/contact/)
* [Home](http://www.affairhealing.com/)

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Affair Recovery Books & Resources

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[**Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity**](http://www.amazon.com/exec/obidos/ASIN/0743225503/affaheal-20)

by Shirley P. Glass

*Glass scrutinizes affairs and offers well-defined guidelines, including tips for determining how vulnerable individuals and relationships are to temptation, and prescriptions for keeping relationships "safe," repairing betrayal-induced damages and recovering from the trauma.*

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[**Getting Past the Affair: A Program to Help You Cope, Heal, and Move On -- Together or Apart**](http://www.amazon.com/exec/obidos/ASIN/157230801X/affaheal-20)

by Douglas K. Snyder PhD, Donald H. Baucom PhD, Kristina Coop Gordon PhD

*Getting Past the Affair guides you through the initial trauma of an affair so you can understand what happened and why before deciding how to move forward. This book offers support and expert advice from a team of couple therapists. If you stay with your spouse, you’ll find realistic tips for rebuilding your marriage and restoring trust. If not, you’ll discover effective ways to recover personally, avoid lasting scars, and pursue healthier relationships in the future.*

* 

[**After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful**](http://www.amazon.com/exec/obidos/ASIN/0060928174/affaheal-20)

by Janis Abrahms Spring, Michael Spring

*Clinical psychologist Spring, writing with her husband, draws on 20 years of experience treating distressed couples as she explains how both the unfaithful partner and the betrayed one can confront their doubts and fears about recommitting, constructively communicate pain and anger, restore trust, renew sexual intimacy and forgive.*

* 

[**Surviving an Affair**](http://www.amazon.com/exec/obidos/ASIN/0800717589/affaheal-20)

by Willard F. Jr. Harley, Jennifer Harley Chalmers

*A Christian-based guide to understanding and surviving every aspect of infidelity—from the beginning of an affair through the restoration of the marriage.*

* 

[**My Husband's Affair Became the Best Thing That Ever Happened to Me**](http://www.amazon.com/exec/obidos/ASIN/1412033209/affaheal-20)

by Anne Bercht

*A very interesting and helpful recourse, this is one woman's story of surviving her husband's affair and his declaration of "I'm not in love with you anymore." There are frequent references to her faith and Scripture, but any woman surprised by her spouse's infidelity will easily relate to the honest telling of the experiences written here. The author gives insight into the ups-and-downs of the 2 years following the affair, with additional comments added by her husband and teenage daughter.*

* 

[**Shattered Vows: Hope and Healing for Women Who Have Been Sexually Betrayed**](http://www.amazon.com/exec/obidos/ASIN/0310273943/affaheal-20)

by Debra Laaser

*This book offers tools that help women struggling with sexual betrayal make wise and empowering decisions. It is inspired by the author’s personal journey through betrayal, her extensive work with hurting women, and her intimate marriage two decades after the disclosure of her husband’s infidelity. Note: This book is written from a strong Biblical/Christian perspective.*

* 

[**Love Must Be Tough: New Hope for Marriages in Crisis**](http://www.amazon.com/exec/obidos/ASIN/141431745X/affaheal-20)

by James C. Dobson

This book addresses a very specific problem: What to do if your spouse no longer has desire or respect for you. I would not recommend this book to someone who has just discovered an affair, since the emotions and reactions are naturally jumbled and confused for a while before things settle down to what will be "normal" in the recovery of their marriage. But if you have experienced ongoing rejection from your spouse, or if you feel the need to somehow *make* your spouse love you again, you should read this book (privately and carefully). It will challenge you to a difficult, but healthier, response.

* 

[**How Can I Forgive You?: The Courage to Forgive, the Freedom Not To**](http://www.amazon.com/exec/obidos/ASIN/0060009314/affaheal-20)

by Janis A. Spring

*A look at the process toward healthy forgiveness following an affair. The author addresses four different responses to the forgiveness issue and offers insight into how to move toward complete forgiveness, if possible. Although written primarily as a guide for the betrayed spouse, the final section addresses what is needed from each spouse in order to experience complete forgiveness. If you're wondering whether or not you can forgive a spouse who is not engaged in helping you heal, this book will help you gain a healthy perspective of what to expect (and not expect).*

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[**Forgiving and Reconciling: Bridges to Wholeness and Hope**](http://www.amazon.com/exec/obidos/ASIN/0830832440/affaheal-20)

by Everett L. Worthington

*Psychologist and counselor Everett Worthington, a leading Christian researcher on forgiveness, says that forgiving is a gift we give to others. True forgiveness is accomplished through a careful process of understanding both the offense and the offender and taking active steps to forgiveness. Worthington provides a strategy and a wealth of resources for moving toward forgiveness. Written from a Christian perspective (with some parts of chapters devoted to a Biblical/spiritual view), the insights into the forgiveness process will be helpful to anyone trying to gain a better understanding of how to deal with those who have injured them.*

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[**Torn Asunder: Recovering From an Extramarital Affair**](http://www.amazon.com/exec/obidos/ASIN/0802471358/affaheal-20)

by Dave Carder

*There is hope for recovery from the devastation of extramarital affairs. Dave Carder, a pastor and counselor, provides an overall recovery process from sexual and non-sexual affairs.*

* 

[**Close Calls: What Adulterers Want You to Know About Protecting Your Marriage**](http://www.amazon.com/exec/obidos/ASIN/0802442110/affaheal-20)

by Dave Carder

*With eye-opening stories, clinical insights, and up-to-date data, Dave Carder reveals what people caught in affairs learned the hard way—and want the rest of us to know. For example, every spouse has a "Dangerous Partner Profile" of the kind of person who tempts him/her.*

* 

[**The Divorce Remedy: The Proven 7-Step Program for Saving Your Marriage**](http://www.amazon.com/exec/obidos/ASIN/0684873257/affaheal-20)

by Michele Weiner Davis

*Weiner Davis pays special attention to issues of infidelity (see chapter 10), depression, midlife crises, and "passion meltdowns," showing how basic relationship skills (like understanding and patience) can reverse even the most dire marital scenarios.*

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[**The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert**](http://www.amazon.com/exec/obidos/ASIN/0609805797/affaheal-20)

by John M. Gottman, Nan Silver

*Gottman debunks many myths about divorce and reveals surprising facts about couples who stay together. Through a series of in-depth quizzes, checklists, and exercises, Gottman provides the framework for coping with differences and strengthening your marriage. His profiles of troubled couples rescued from the brink of divorce and those of still-happy couples who reinvigorate their relationships are equally enlightening. This is a great resource for couples who are motivated to strengthen their marriage.*

* 

[**His Needs, Her Needs: Building an Affair-Proof Marriage Fifteenth Anniversary Edition**](http://www.amazon.com/exec/obidos/ASIN/0800717880/affaheal-20)

by Willard F. Harley Jr.

*Marriage works only when each spouse takes the time to consider the other's needs and strives to meet them. This book identifies the ten most vital needs of men and women and shows husbands and wives how to satisfy those needs in their spouse.*