



# **The Monogamy Myth: A Personal Handbook for Recovering from Affairs, Third Edition**

*Peggy Vaughan*

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# The Monogamy Myth: A Personal Handbook for Recovering from Affairs, Third Edition

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**The Monogamy Myth: A Personal Handbook for Recovering from Affairs, Third Edition** Peggy Vaughan

One of the most valuable survival guides for men or women recovering from a partner's affair.

Featured on *Oprah*, *48 Hours*, CNN, Fox News, and in *USA Today*

In this landmark book, Peggy Vaughan helps us to understand the stages of suspicion, confrontation, and the healing process necessary to recover, including rebuilding self-esteem, the marriage/divorce dilemma, and seeking professional help. Packed with practical, time-tested advice and successful strategies, this authoritative guide reveals:

- You are not alone—estimates are that at least 60 percent of men and 40 percent of women will have an extramarital affair.
- People from all walks of life have affairs—devoted parents, religious individuals, regardless of income or social class.
- Our society contributes to the prevalence of affairs.
- An affair does not mean the end of a marriage.
- Recovery is fueled by honest, open discussion of the affair.

Substantiated by case studies, ongoing research, and the author's own experience, this updated third edition includes information on the role of the Internet in relationships, shares the words of others who are recovering from affairs, and describes the six-step program for establishing communication between partners that can actually prevent affairs.

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Playing with family within a park, coming to see the marine world or hanging out with friends is thing that usually you have done when you have spare time, and then why you don't try factor that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Monogamy Myth: A Personal Handbook for Recovering from Affairs, Third Edition, you are able to enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't obtain it, oh come on its identified as reading friends.

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