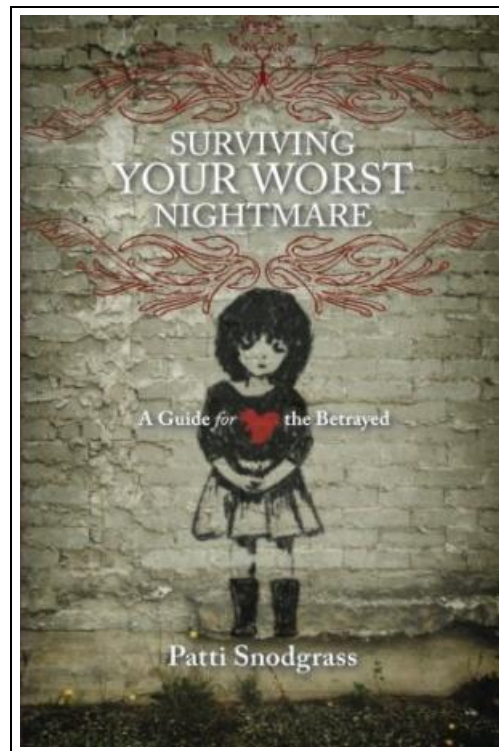


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SURVIVING YOUR WORST NIGHTMARE: A GUIDE FOR THE BETRAYED (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Your wedding vows are broken, and you do not know what lies ahead. You are angry, confused, and fearful. Your self-worth and your confidence have been shattered. You do not know what is the truth and what is a lie. You wonder if the pain in your heart will always be a part of you, and the tears seem to never stop-feelings of despair and hopelessness consume you. I understand all that you are feeling right now, for I too have walked the same path of betrayal that you are on right now. After my husband confessed his unfaithfulness I struggled to find sanity and clarity; it was all I could do to find ways to overcome my suffering. In my efforts to get answers, I questioned everything. I questioned the past, the present and the future. I was determined to identify the reasons behind my husband s infidelity so I could move beyond the hurt and devastation that this nightmare had caused. In my quest to find answers I learned that after an act of infidelity, even though I wished it were not so, recovery would take time. I learned that healing would come only when I decided that I was willing to do the hard work of discovering what the after-effects of the betrayal had done to me emotionally, and if I was willing to not run from the pain, or deny the pain, or distract and medicate my pain with various mind-numbing vices. I learned, even though it seemed irrational, that embracing and mourning pain would usher in the healing of my wounded heart. But if I did not, my heart wounds would continue to fester,...

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