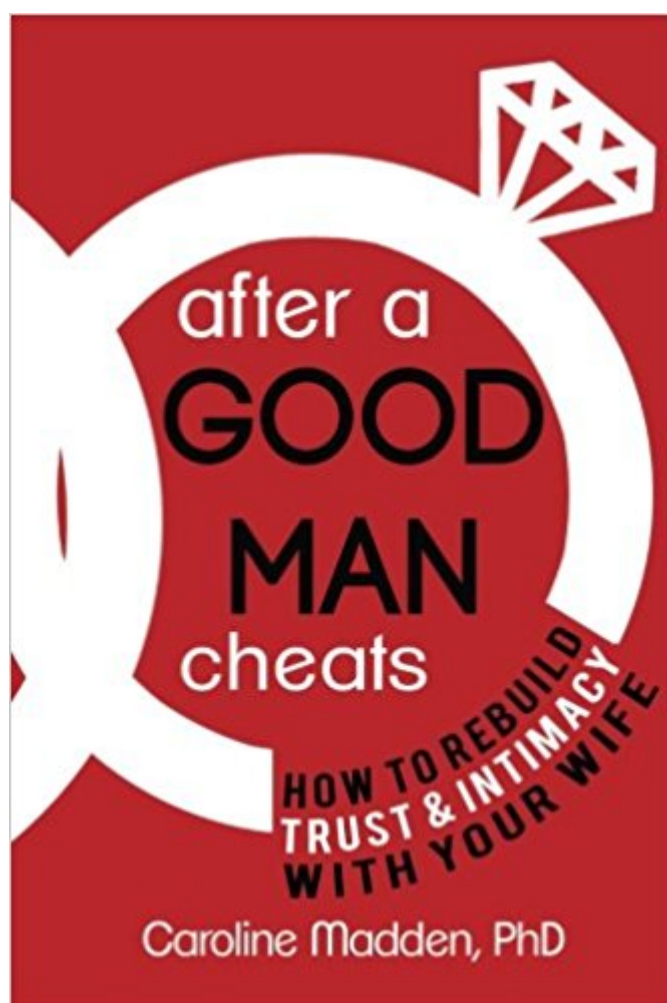


The book was found

# After A Good Man Cheats: How To Rebuild Trust & Intimacy With Your Wife



## Synopsis

You are a good man who made a bad decision. You were unfaithful in your marriage. You love your wife, and now that you see clearly what your infidelity has done to her, you are incredibly sorry that you have hurt her so much. You want to save your marriage. You don't want to lose your family. I know that you are doing your best to regain your wife's trust, but no matter what you do, you seem to make it worse. She has so many questions about your affair. So. Many. Questions. Not only is your wife furious, but she's also emotionally volatile. Sometimes she seems to love you more deeply than ever, and other times she kicks you out of the house. You are on a roller coaster. You want your marriage back, but you're not sure how to help your wife trust you again and move forward. She doesn't know what she wants, and her volatility exhausts and upsets you. You both are stuck. My name is Dr. Caroline Madden. I've been a Licensed Marriage & Family Therapist in Los Angeles for over a decade. I have helped countless couples restore their marriages after infidelity. I've seen women just like your wife go through the whole process--from uncovering their husband's affair to making it to the other side, heart healed and marriage restored. I have heard their innermost thoughts and concerns as they try to process their husband's betrayal. I know what specific stages your wife will experience. I know what prevents women from moving forward, and I know what women need in order to trust and forgive. Most importantly, I know the things men say and do that they think are helpful but that actually make things worse. This book is a practical action plan that will walk you through the first stages after your wife has discovered your infidelity. Learn the tools to fix your marriage. Avoid the (sometimes fatal) mistakes I've seen so many men make. In this book, you'll learn the things your wife is going to feel, say, and do, giving you the following:

- \* Insight into what she is thinking and why this is so hard for her to get over
- \* Practical advice so you know exactly what to do at this important stage
- \* Actual scripts so you know what to say in response to very specific situations
- \* Clear explanations as to why certain words and actions you think will be helpful might be making this worse
- \* Two self-administered quizzes to help you determine why you cheated so that you can get a better understanding of what triggered your affair

Included at the appropriate points are scripts of what to say and why you need to say those words at that time. You will want to translate the scripts into your own natural wording, using the meaning of each script as a launching pad for productive, healing dialogue with your wife. Also, other these other questions are answered:

- \* She doesn't know. I feel guilty.
- \* Should I tell her the truth?
- \* We aren't married yet? How does that impact recovering from the affair?
- \* I didn't have a physical relationship with my Affair Partner, why is

my wife so upset?\* What is an Emotional Affair?    This is the most important time for you to get things right, because your wife is actively deciding at this stage whether or not she wants to stay with you.    Buy After a Good Man Cheats today.

## Book Information

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## Customer Reviews

Geared specifically to help the good men who have strayed outside of their marriage covenant, Madden as a coach provides detailed play by play on how they can walk successfully through the rebuilding process.    Arnita Fields, Author & Christian Marriage CounselorThe book has very helpful tools including assessments, quizzes, checklists, and scripts. This book is a    must read    for any man who is trying to figure out how to save his marriage and family after he has made the mistake of infidelity.Stephanie Weiland Knarr, Ph.D, LCMFT, Author of    Dr. Stephanie's Relationship Repair for Couples...breaks it down to a science with real life scenarios of the before and after an affair. There is a    Q & A chapter that dedicated to addressing    how you should respond    and what emotions and questions to expect once your affair has been discovered, PRICELESS...    Tony Hawkins, Host of Married Men Don't Talk, Blog Talk Radio"With compassion and years of experience, author Caroline Madden, MFT walks the reader through what questions to ask yourself, insight to what your spouse may be feeling,    what to do/say    and    what not to do/say    when addressing the issue and steps to take to mend your marriage and ensure it doesn't happen again.    After a Good Man Cheats    is an invaluable resource for both the cheater and the one who was cheated on."Corbin Lewars, Author

## ofÃ Â Losing Him, Gaining You: Divorce as Opportunity

These tools are not a get-out-of-jail free card for multiple affairs. However, this book will help a sincerely repentant man who is committed to not cheating again. Right now you are saying and doing things that you think will help but are probably hurting your chances. This guide is meant to align your heart and good intentions with the most effective words and actions. Ã Â I can't promise you that your wife will take you back. However, I can give you the best chance and the best resources to make that possible. I'll also let you know why and when I think you should consider individual therapy or marriage/pastoral counseling. It is my hope that these resources will help you achieve your goal: to win back your wife and to restore your marriage so that it is stronger and more fulfilling than ever.Ã Â

I am so happy I found this book, I only wish I had purchased it as soon as I found out about my husband's adultery. I bought it for my husband to read (I read it first). While I have not decided if it is the best thing for us to stay married after his betrayal, this book definitely made things a little easier. There are some things I didn't agree with, I prefer full disclosure and this book has some suggestions about keeping certain things from the wife. I just feel the weakness and dishonesty of the cheater was part of the problem, so don't keep doing it. However, some things are said that mirrored how I was feeling and that really helped me to feel normal and it helped my husband understand part of what I was going through. I really saw a change in the way he approached my outbursts and constant tears and it has really helped to see him make an effort. He was thankful for the book and it felt it was a helpful guide.

Some Key Elements Were Overlooked, But Overall a Good Foundation: I think the book should have included dynamics like alcohol or substance dependence as a factor, given that they reduce a person's inhibitions and judgement. I also think that the presence of any mental health disorder can play a role in the cheating behaviors. When "Thinking Errors" are present, the cheater needs to see that list outlined in the book, and identify, "Oh, that's what I'm doing. That's how I'm justifying my affair". I also think you give a mixed message of be transparent and completely open, keeping no secrets, but oh, delete all your text messages, emails, Facebook messages, etc. That promotes secrecy, which is a core element of adultery.

"After a Good Man Cheats..." is an easy and quick read. The target reader is the cheating husband

who's recently been caught, providing him strategies on how to mitigate the fallout of his infidelity in hopes of saving his marriage. As a married woman, it feels trivializing, but it is probably very insightful for any husband trying to understand his wife. I'm not convinced, however, that this subject matter lends itself to this type of DIY self-help style book. It is equipped with responses to a wife's interrogations about her husband's affair. The scripts provided just about put me over the edge, especially the part about staging a call with the wife on speaker phone to the mistress to declare intentions of re-dedication to the marriage. Overall, the advice is akin to preparing for a deposition/trial with attempt to avoid conviction or reduce sentencing... it coaches you on what to say, how to say it, when to say it, and what not to say, ultimately, to avoid divorce and get your marriage back on track quicker. I was NOT a fan of the label "Affair Partner" ("AP") used throughout the book. Do we really need to always be politically correct? Just call her the "mistress"! The Diagnostic Quiz at the back and affair-type classifications were insightful and interesting to read through. I couldn't help but wonder how different the book would be if it were titled "After a Good Woman Cheats..."

I was a bit skeptical before reading this but changed my mind after reading. The author provides a clear and concise path to follow but only after deciding whether or not you want to save the marriage. She manages to address the serious nature of infidelity without judgement, recognizing the fact that people make mistakes often without thinking through the consequences. This book offers an opportunity to really examine what those consequences are and a methodology for how to heal and rebuild the relationship. There is an awful lot of information here; plenty of choices/options for a variety of personalities, not just a one size fits all approach. This is a good roadmap for one who is willing to take responsibility for straying and who wants to rebuild their marriage.

I read this book to understand the reasons for affairs and how some people come to move on. I found this to be an easy read and to have a lot of insight into a woman's perspective and to instruct the offending male. I found the first part about the Four Horsemen very interesting as I could see some of my spouse and my behaviors in those styles. That is a scary wake up call. I would recommend this book.

This book is chock full of advice for the cheating husband. It gives specific steps and scripts for how to talk to your wife post affair and hopefully reconcile and move forward with your marriage. If your husband cheats and you want to fix the marriage, read this book and then give to your husband to

read it. If he reads it willingly and follows the advice of the author, I believe you can overcome something as soul crushing as an affair. If your husband is willing to read the book than that proves he is a good man at heart who made a mistake and may actually deserve a second chance. Quick read too.

The author has a very down to earth style. She doesn't mince her words while also being very understanding and empathetic of the situation from each partner's position. There is some great advice and guidance in this book that I think would be a very helpful starting place for a man that has been unfaithful or even a woman who has been cheated on.

I read several books to make sure my husband was going to read a book that I really related to. I found so many great points in this book that explained exactly what emotions I was going through. It also gave my husband some great ideas to help him regain my trust and ease my pain.

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