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# The Other Woman's Affair: Gambling Your Heart & Reclaiming Your Life When Your Partner Is Married.



## Synopsis

Falling in love with a married person can be one of life's most painful experiences. The first of their kind, these authors are clinical pioneers in the "other" side of infidelity. They provide sage advice from their clinical research and expertise to guide you with insights and concrete tools as you learn: 1) How you got yourself into this situation; 2) To make educated decisions about whether you should stay or go; 3) To manage the difficult emotions that come with this relationship; 4) How to be your best self, giving the relationship the best chance for success; and 5) Ways to develop a fulfilled, reclaimed life regardless of how this relationship turns out. With useful exercises, this book can help anyone struggling in a relationship with a married partner.

## Book Information

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## Customer Reviews

Often maligned, seldom understood, the "Other Woman" has historically received scant support for her precarious position within an extramarital relationship. She is the home-wrecker, the slut, and a whole host of other derogatory terms. Rarely is the married male lover excoriated as harshly, which says a lot about the stinky double standards applied to women to this day. Whilst the shelves in bookstores are overburdened with self-help books, often brimming with sanctimonious nonsense, for repairing marriages marred by infidelity, the "Other Woman", who is often left to pick up the pieces after her lover decides to return to his wife, has no such resource until now. *The Other Woman's Affair: Gambling Your Heart And Reclaiming Your Life When Your Partner Is Married*, by Paul DePompo, Psy.D., ABPP & Misa Butsuhara, LMFT, fills this void nicely. It is explicitly designed to help women navigate the rocky shoals of a relationship with a married man.

Right off the bat, I was impressed with the compassionate approach the authors<sup>™</sup> took to this difficult subject. No preaching or finger wagging here. Instead the pages are filled with useful coping strategies for la maÃfÃtresse. The authors interviewed dozens of women in relationships with married men in order to understand their experience, and it really shows. I hesitate to call this a self-help book. Rather, it is a well thought out sophisticated program designed to help women to either increase the likelihood of the relationship working or to recognize that it's high time to cut bait and move on to friendlier waters. If you're a woman dating a married Mr. Right, this is the book for you. At the risk of being fatuous, I would also add that the man in an extramarital relationship would also benefit from a close reading of this book. At the very least, he'd gain some valuable insights into the emotional challenges and turmoil faced by his lover. And what would be the harm in that?J. Dharma WindhamAuthor: I, Nemo

I absolutely loved the book. A very personal encounter with reality of what to do and not to do. Extremely helpful especially for my single sisters that at this point in their lives it could be very easy to be misled and end up coming to this kind of relationships that have no future. Sometimes the excuses that we can call reasons are just the way of viewing things in a way that we justify the unhealthy point in your life. Excellent read I strongly recommended.

A discovery that your boyfriend is married - and that the situation at his home is not what you thought it was is a terrible experience. If you are ready to STOP being a "secret"... Yet want this to all work out this book is your best chance... It is hard to know who to turn to for support and advice when everyone is saying to just leave him. It can make you feel like an idiot when you know there is same thing special there. This book has being and is a key part of my understanding for our relationship and the relationship as we attempt to pull through and make it work... At the same time it is invaluable in making sure I am talking care of my goals and values and it helps to develops solid plan for ME with Hope regardless.This book is clear and illustrates an understanding of both partners while holding the married partner accountable... All without invoking judgment, guilt, anger or shame. The steps to develop my plan, make smart choices and understandings what's really happening were specially helpful in this book.If you are in a relationship with someone who is not available help yourself first by reading this book...I have read this book several times and get more out of it on each read.

I wish that I could have read this five years ago when I was in a similar situation. Sadly, my

relationship went the same route as all too many in this book, and I really wish I had this advice five years ago.

Trying to deal with a very reality (the situation I kind of slipped into), I seemed never to find out what it really was that I should do. I couldn't point out what didn't feel right or what was wrong and so frustrating. I couldn't see the forest for the trees. Reading this book, I realized that there it was: spelled out for me A to Z. If I wouldn't be able to develop some kind of action after reading this book, I would never be able to make a progress, but would sink like a stone. No more excuses and what ifs. I will do what I can to learn how to swim. I appreciate these authors for showing me how.

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