



# Emotional Infidelity

HOW TO AVOID IT  
and 10 Other Secrets  
to a Great Marriage

M. Gary Neuman

*Author of Helping Your Kids Cope with Divorce the Sandcastles Way*

# Emotional Infidelity How To Avoid It And Ten Other Secrets To A Great Marriage

**Camilla Rothe**



## **Emotional Infidelity How To Avoid It And Ten Other Secrets To A Great Marriage:**

Emotional Infidelity M. Gary Neuman, 2002-09-24 What's holding you back from a great marriage I don't believe in okay decent or solid marriages I'm against them says M Gary Neuman I believe only in great marriages and that you should expect and reach for no less In the last fifteen years M Gary Neuman marital therapist and architect of the Sandcastles Divorce Therapy Program has helped thousands of couples in crisis Couples who fight Who've grown apart Who are stuck in relationships that run more on routine and rancor than love and understanding What he's found is that contrary to popular belief the problem is usually not poor communication It's the failure to put most of your focus into your marriage You've only got so much energy Are you spending it by being emotionally unfaithful Take a quick check Do you send that funny e-mail to your friends at work but not to your spouse Do you chew over all the problems on the job so thoroughly with your colleagues that by the time you get home you just don't feel like going into it all over again Do you get a secret thrill out of flirting with coworkers thinking it's safe because you know it's not going any further If so you're committing emotional infidelity and you're draining your marriage of the energy it needs to be great Learning how to break this cycle is one of eleven secrets M Gary Neuman shares in his provocative new book Based on the ten week program he's developed in his successful couples counseling practice the book offers guidelines that are often counterintuitive even outrageous or shocking But they work Dare to limit contact with members of the opposite sex Dare to need each other Dare to put in writing the nitty gritty realities of a marriage plan Dare to put your marriage before your kids or job Dare to make love in a whole new way Dare to change your focus make the commitment to focus on each of the eleven secrets ten plus one bonus secret for one week apiece and you'll reap the rewards of a transformed marriage and a reconfirmed relationship M Gary Neuman's program is guaranteed to challenge you and make you reexamine the myths holding you back from true happiness and satisfaction It will change your marriage forever

**Emotional Infidelity** M. Gary Neuman, 2001 Emotional Infidelity M. Gary Neuman, 2009-06-03 What's holding you back from a great marriage I don't believe in okay decent or solid marriages I'm against them says M Gary Neuman I believe only in great marriages and that you should expect and reach for no less In the last fifteen years M Gary Neuman marital therapist and architect of the Sandcastles Divorce Therapy Program has helped thousands of couples in crisis Couples who fight Who've grown apart Who are stuck in relationships that run more on routine and rancor than love and understanding What he's found is that contrary to popular belief the problem is usually not poor communication It's the failure to put most of your focus into your marriage You've only got so much energy Are you spending it by being emotionally unfaithful Take a quick check Do you send that funny e-mail to your friends at work but not to your spouse Do you chew over all the problems on the job so thoroughly with your colleagues that by the time you get home you just don't feel like going into it all over again Do you get a secret thrill out of flirting with coworkers thinking it's safe because you know it's not going any further If so you're committing emotional infidelity and you're draining your marriage of

the energy it needs to be great Learning how to break this cycle is one of eleven secrets M Gary Neuman shares in his provocative new book Based on the ten week program he s developed in his successful couples counseling practice the book offers guidelines that are often counterintuitive even outrageous or shocking But they work Dare to limit contact with members of the opposite sex Dare to need each other Dare to put in writing the nitty gritty realities of a marriage plan Dare to put your marriage before your kids or job Dare to make love in a whole new way Dare to change your focus make the commitment to focus on each of the eleven secrets ten plus one bonus secret for one week apiece and you ll reap the rewards of a transformed marriage and a reconfirmed relationship M Gary Neuman s program is guaranteed to challenge you and make you reexamine the myths holding you back from true happiness and satisfaction It will change your marriage forever

**The Long Way Home** M. Gary Neuman, 2013-03-05 How adults can heal the pain caused by their parents divorce from New York Times bestselling author Gary Neuman Millions of adults were children of divorce and while a few have found closure and healing many continue to struggle with the trauma of their parents divorce commonly even 20 30 or 40 years after it happened If you are experiencing some of the common reactions to divorce including issues of trust ongoing sadness and the feeling that you can t shake your past then you are likely still suffering from the pain of your parents divorce This book is designed to help you rebuild your past regardless of how long you have felt unable to do so Licensed family counselor Gary Neuman has worked successfully with many adult survivors of parental divorce In this book he presents a new proven program to help you see and understand your past in order to let go of the pain of your parents divorce and transform both your present and your future Presents a proven 4 step process that will help you re experience your past and understand it in a new more objective way Guides you through major issues that can affect adult survivors of divorce such as finding peace with your parents and getting comfortable with love Written by the New York Times bestselling author of *The Truth About Cheating* and *Helping Your Kids Cope with Divorce the Sandcastles Way* **The Liar in Your Life** Robert

Feldman, 2009-08-03 In *The Liar in Your Life* psychology professor Robert Feldman one of the world s leading authorities on deception draws on his immense body of knowledge to give fresh insights into how and why we lie how our culture has become increasingly tolerant of deception the cost it exacts on us and what to do about it His work is at once surprising and sobering full of corrections for common myths and explanations of pervasive oversimplifications Feldman examines marital infidelity little white lies career driven resum lies and how we teach children to lie Along the way he reveals despite our beliefs to the contrary how it is nearly impossible to spot a liar studies have shown no relationship between nervousness lack of eye contact or a trembling voice and acts of deception He also provides startling evidence of just how integral lying is to our culture indeed his research shows that two people meeting for the first time will lie to each other an average of three times in the first ten minutes of a conversation Feldman uses this discussion of deception to explore ways we can cope with infidelity betrayal and mistrust in our friends and family He also describes the lies we tell ourselves Sometimes the liar in

your life is the person you see in the mirror With incisive clarity and wry wit Feldman has written a truthful book for anyone who whose life has been touched by deception **American Book Publishing Record** ,2002 Love and Freedom Jorge N. Ferrer,2021-06-24 In Love and Freedom Jorge Ferrer proposes a paradigm shift in how romantic relationships are conceptualized a step forward in the evolution of modern relationships In the same way that the transgender movement surmounted the gender binary Ferrer defines how a parallel step can and should be taken with the relational style binary This book offers the first systematic discussion of relationship modes beyond monogamy and polyamory as well as introduces the notion of relational freedom as the capability to choose one s relational style free from biological psychological and sociocultural conditionings To achieve these goals Ferrer first discusses a number of critical categories specifically monoprude polyphobia and polypride monophobia that mediate the contemporary mono poly wars that is the predicament of mutual competition among monogamists and polyamorists The ideological nature of these mono poly wars is demonstrated through a review of available empirical literature on the psychological health and relationship quality of monogamous and polyamorous individuals and couples Then after showing how monogamy and polyamory ultimately reinforce each other Ferrer articulates three relational pathways to living in between through and beyond the mono poly binary fluidity hybridity and transcendence Moving beyond that binary opens a fuzzy liminal and multivocal relational space that Ferrer calls novogamy In this groundbreaking book readers will learn practical tools to not only transform jealousy but also enhance their relational freedom while being aware of key issues of diversity and social justice They will also learn novel criteria to evaluate the success of their intimate relationships and be introduced to a transformed vision of romantic love beyond both monocentrism and emerging polynormativities **Emotional Infidelity in the Church** Ibidun B. Daramola,2021-01-30 What are the signs that your relationship with a disciple or a counselee has crossed boundaries and you are now living in sin What can be done to avoid or overcome a difficult relationship How can you safeguard your marriage and home from the problems of emotional infidelity This book which is meant for ministers and leaders of the Church attempts to address these questions The primary aim of the book is to create awareness and address the problem of emotional infidelity in the Church It is a result of years of counselling and working with families in African and Western communities While the book focusses on common practices within the African setting the issues discussed cut across communities for emotional infidelity is a common problem of communities in general The principles and practices of the Church should guard against relationships outside the marriage Unfortunately emotional infidelity has found its way into the Church community This form of sin is easy to hide It may also appear safe because it is not physical But it is a sin that can destroy marriages and cause friction between couples Therefore there is a need to put in place safeguarding measures and policies that would protect Christian homes This is what the book explores in a structured manner using anecdotes examples and data **In Good Times and Bad** M. Gary Neuman,Melisa Neuman,2009-09-17 How to maintain a strong marriage no matter what comes your way Now more than

ever couples are facing tough times that can impact on even the strongest of marriages In In Good Times and Bad family counselor and relationships expert M Gary Neuman and his wife Melisa take a look at one of the biggest issues couples face money management and give you the tools you need to deal with whatever financial challenges come your way The Neumans explain why it s so important to talk about money in your marriage and offer strategies on how to discuss this often avoided topic No matter what your age or how long you ve been together In Good Times and Bad will teach you how to come together when it matters most Learn what money means to you and how to strengthen your marriage even during challenging times Includes strategies for dealing with other tough times such as grieving or serious illness From the author of the New York Times bestseller The Truth about Cheating In Good Times and Bad is the tool you need to ensure your relationship remains strong through all of life s ups and downs

**Heavenly Tablets** Lynn R. LiDonnici,Andrea Lieber,2007 This volume brings together a wide range of international scholars of Ancient Judaism whose essays explore various issues surrounding Jewish communities and Jewish identity in late antiquity The essays are organized into three sections Interpreting Ritual Texts Mapping Diaspora Identities and Rewriting Tradition

**Becoming a Woman of Extraordinary Faith** Julie Clinton,2011-08-01 Julie Clinton author speaker and president of Extraordinary Women has spoken to thousands of women across the nation and knows they are eager to break through ordinary busyness discouragement and distraction to embrace a meaningful life in Christ With a practical engaging 10 week format Julie encourages women to experience this transforming life in and with Christ as she leads them to know God by spending time with Him and seeking His heart Biblical and motivating Julie awakens readers to inspired principles and life changing priorities as they gather these and other riches of extraordinary faith Refueled purpose and passion for their journey Healing of and release from past wounds Freedom from guilt with love and grace Relationships and connections that matter This exploration of God s Word and His desire for each woman s life reveals the remarkable attainable picture of the godly significance she is made for This book s content can be enhanced by the companion DVD

Human Development James Wilfrid Vander Zanden,2003

**The Truth about Cheating** M. Gary Neuman,2008-07-28 The New York Times bestselling look at the real reasons for male marital infidelity and what might prevent it Few events cause as much turmoil in a marriage as infidelity It can shatter trust and breed insecurity and resentment from which some relationships never recover People who think it won t happen to them are hit that much harder when it does Why are men unfaithful Can infidelity be prevented What do men say they re getting from their mistresses that they re missing at home Do a man s friends have anything to do with his willingness to cheat In this New York Times bestselling book experienced family counselor M Gary Neuman shares the revealing and surprising findings of a cutting edge research study in which he interviewed men across the country who have physically cheated on their wives Neuman shares many shocking discoveries including the prominent role of emotional dissatisfaction in motivating husbands who stray and how small a role sexual dissatisfaction plays Based on a groundbreaking study of both cheating men and men

who have remained faithful Reveals surprising findings on the contribution of sexual and emotional dissatisfaction to male infidelity Written by experienced family counselor M Gary Neuman coauthor of In Good Times and Bad and author of Emotional Infidelity Neuman and The Truth about Cheating were featured twice on The Oprah Winfrey Show Drawing on dramatic case stories of the author s own work with clients The Truth about Cheating includes proactive strategies and action steps for married women to help them prevent infidelity and create a faithful and rewarding marriage **Connect to Love** M. Gary Neuman,2010-12-03 In their own voices women show how to strengthen your relationship with surprising revelations from New York Times bestselling author Gary Neuman This breakthrough book based on the voices of real women from all walks of life and groundbreaking new research shows couples how to grow stronger by understanding what women need from a romantic relationship In Connect to Love family counselor and relationships expert M Gary Neuman explores the problems that women face in their marriages or relationships that might make them dissatisfied with their partners or willing to stray Neuman reveals the startling discoveries he made through his in depth new research of more than five hundred women When it comes to sexual intimacy for instance wives who are satisfied with their marriages have sex more than twice as frequently than those who are dissatisfied Includes a step by step two week plan to improve your relationship Filled with dramatic personal stories and surprising findings on sex emotional issues intimacy communication and more From the author of the New York Times bestseller The Truth about Cheating Neuman has been a frequent guest on Oprah Today and other major TV shows Written for couples while addressing both female and male issues Written with a compassionate and down to earth tone Connect to Love will open your eyes to see relationships in a new way while empowering yourself and your partner for change Understanding Non-Monogamies Meg Barker,Darren Langdridge,2010-02-02 This volume gathers contributions from academics activists and practitioners to explore the intricacies of non monogamous relationships Featuring both empirical and theoretical pieces contributors examine the history and cultural basis of non monogamy psychological understandings of relationship patterns language and emotion mono normativity and issues of race class disability sexuality and gender **The Publishers Weekly** ,2006 **Riding the Wave of the Sting of Infidelity in a Marriage** Dr Anniekie Ravhudzulo,2012-01-23 Marriage is under tremendous assault as never before Will marriage survive Can it survive Infi delity is exploding but why In most cultures infi delity has become a major part of entertainment We all see it in popular television programs and movies Infi delity to some is enjoyment and pleasure Some men think if they are not slipping and cheating they are not being real men Some individuals grew up in environments where cheating is a way of life Some women think life is boring without the excitement of an outside affair In spite of the reasons God to His creation says No to infi delity Become the good husband or wife you would like your spouse to be Life has taught me that men and women get involved in an extramarital affair for many different reasons Sometimes when you are unsatisfi ed with your relationship you start to think What is available out there In a way it is an escape people feel

like they want to be out from the burden in their marriages Grass is greener on the other side and so it seems I have seen many starting to flirt with others innocently at first They start to THINK of what if situations such as what if I'm married to this friend of mine Many people forget that slowly they bring themselves into an extramarital affair and become trapped to another crisis Let me remind you that trust is like a balloon One pricks it is gone The fear of broken promises cheating or betrayal can reduce the quality of your marriage Marriage is a challenging an enterprise that requires hard work determination and discipline Creating a strong and satisfying marriage is possible and it is definitely worth the effort Recovery after infidelity is not an easy path but if others could pull through so can you

### **The Secret Life of Secrets**

Michael Slepian, 2022-06-07 If you've ever wondered why we keep secrets and what motivates us to spill them look no further Michael Slepian has spent the past decade studying the psychology of secrets and is ready to reveal his findings to the world Adam Grant 1 New York Times bestselling author of Think Again The Secret Life of Secrets gracefully blends engaging stories with compelling science Sonja Lyubomirsky University of California professor and author of The How of Happiness Think of a secret that you're keeping from others It shouldn't take long behavioral scientist Michael Slepian finds that on average we are keeping as many as thirteen secrets at any given time His research involving more than 50 000 participants from around the world shows that the most common secrets include lies we've told ambitions addictions mental health challenges hidden relationships and financial struggles Our secrets can weigh heavily upon us Yet the burden of secrecy Slepian argues rarely stems from the work it takes to keep a secret hidden Rather the weight of our secrets comes from carrying them alone without the support of others Whether we are motivated to protect our reputation a relationship a loved one's feelings or some personal or professional goal one thing is clear Holding back some part of our inner world is often lonely and isolating But The Secret Life of Secrets shows you that it doesn't have to be Filled with fresh insight into one of the most universal yet least understood aspects of human behavior The Secret Life of Secrets sheds a fascinating new light on questions like At what age do children develop the cognitive capacity for secrecy Do all secrets come with the same mental load How can we reconcile our secrets with our human desires to relate connect and be known When should we confess our secrets Who makes for the ideal confidant And can keeping certain types of secrets actually enhance our well being Drawing on over a decade of original research The Secret Life of Secrets reveals the surprising ways that secrets pervade our lives and offers science based strategies that make them easier to live with The result is a rare window into the inner workings of our minds our relationships and our sense of who we are

52 Fights Jennifer Jeanne Patterson, 2005 Two nice people from nice families are finding out that they do everything differently and suddenly they're in the ring with gloves on in this delightful memoir of a knock down drag out first year of marriage

### **Secrets to Surviving Infidelity**

Scott Haltzman, 2025-02-11 Now completely updated A compassionate guide to help couples survive infidelity and improve their relationship When a couple's trust is shattered by infidelity healing may seem beyond reach but it doesn't have to be This



second edition of *Secrets to Surviving Infidelity* offers a compassionate and practical roadmap toward recovery and reconnection Through humane insights and step by step strategies Dr Scott Haltzman a psychiatrist and marriage educator shares how to overcome the pain of betrayal and strengthen relationships in its wake Whether you are the wronged partner the one who strayed or a therapist navigating your clients infidelity this book serves as an essential guide to the intricacies of infidelity from the initial shock and heartache to the complex process of rebuilding trust This second edition includes new information on The evolving definitions of marriage and commitment with updated language to include those who are in unmarried committed relationships Relationship challenges unique to the LGBTQ community Gender and sex issues The neuroscience of infidelity and flame addiction Strategies for conflict management Dr Haltzman combines real life stories with robust research to illuminate the types of infidelity the varied motivations behind affairs and their impacts on relationships He provides clear guidance on how to end an affair how to cope with feelings of anger and grief and how to foster forgiveness and healing This book can also serve as a preventive tool to explore and strengthen bonds to make relationships affair resistant *Secrets to Surviving Infidelity* is a lifeline for those desperate to recover and safeguard their relationships

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