

Emotional Infidelity

EMOTIONAL INFIDELITY

HOW TO AFFAIR-PROOF
YOUR MARRIAGE
AND 10 OTHER SECRETS TO A
G R E A T
RELATIONSHIP

M. GARY NEUMAN
author of HELPING YOUR KIDS COPE WITH DIVORCE THE SANDCASTLES WAY

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In Emotional Infidelity, M. Gary Neuman posits the provocative theory that you don't have to commit adultery to be unfaithful; you are emotionally unfaithful if you spend your energy on others instead of your spouse, put others before your spouse (even your kids), and fail to actively nurture your marriage. Based on Neuman's 10-week counseling program, Emotional Infidelity challenges and forces the reexamination of the myths that hold couples back from true happiness and satisfaction. In addition to solid, practical advice on building a strong relationship, some of the seemingly unorthodox steps he offers in the book include avoiding members of the opposite sex, encouraging codependence, and developing a clear, realistic set of goals for your marriage. Sure to spark debate and discussion much like The Marriage Sabbatical and The Surrendered Wife, Emotional Infidelity -- now in paperback -- teaches couples to make their marriages unshakeable.

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