

When Good People Have Affairs



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著者:Mira Kirshenbaum

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A world-renowned therapist, Mira Kirshenbaum has treated thousands of people caught in the powerful drama over what to do when an affair rocks their emotional lives. Now, in "When Good People Have Affairs," Kirshenbaum puts her unsurpassed experience into one clear, calming place. She leads readers through six easy-to-navigate steps that will take anyone from anxiety to clarity, and identifies seventeen types of affairs, helping readers figure out which type they're in and what it means. Is it a: --"See-if" affair?--Ejector-seat affair?--Distraction affair?--Unmet-needs affair?--Panic affair? Kirshenbaum encourages honest answers to such questions as: --What am I missing in my marriage?--How do I decide between two people when it's like comparing an apple to an orange?--How do I decide to end my marriage, end my affair, or end them "both"? "When Good People Have Affairs" will be a lifeline to any man or woman who feels caught between two lovers, and its insights are indispensable to anyone else touched by an affair.

作者介绍:

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标签

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评论

17 types of affairs, which one is yours?

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