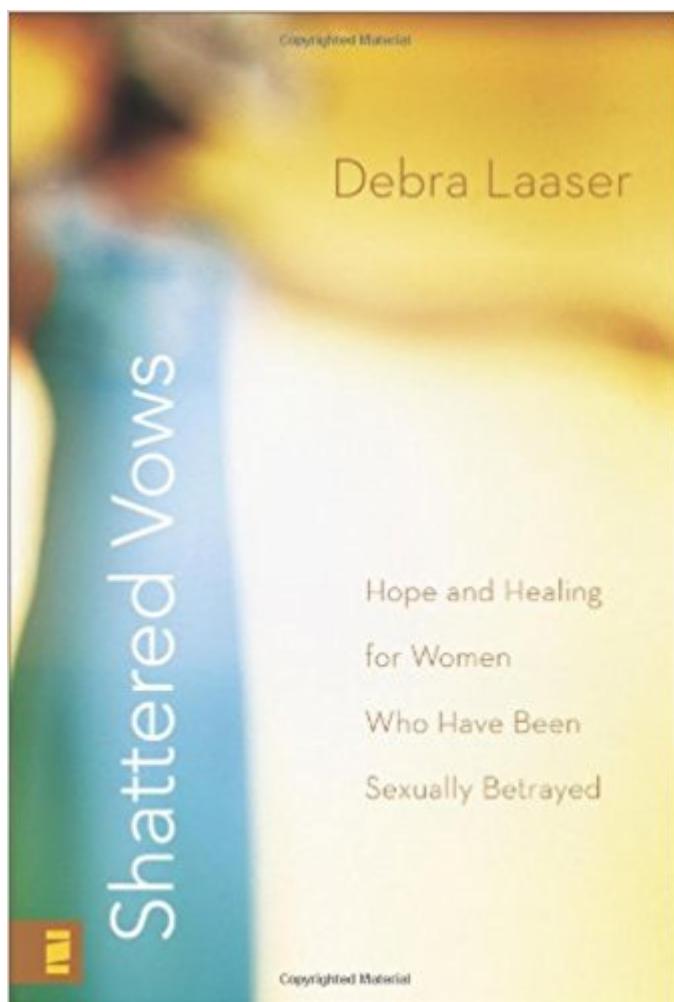


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Shattered Vows: Hope And Healing For Women Who Have Been Sexually Betrayed



Synopsis

Infidelity doesn't have to ruin your life—or your marriage. If you have been devastated by your husband's sexual betrayal—whether an isolated incident or a long-term pattern of addiction—you need to know you don't have to live as a victim. If you choose to stay in your marriage, you have options other than punishing, tolerating, or ignoring your spouse; in fact, extraordinary growth awaits a woman willing to deal with the pain of her husband's struggles with sexual purity. Even if a spouse will not participate in a program for healing, a woman who has been sexually betrayed can change her own life in powerful and permanent ways. This sensitive guide provides practical tools to help you make wise and empowering decisions, emotional tools to develop greater intimacy in your life, and spiritual tools to transform your suffering. Debra Laaser's personal journey through betrayal, her extensive work with hundreds of hurting women, and her intimate marriage two decades after the disclosure of her husband's infidelity provide meaningful answers to the questions that arise amid the complex fallout of broken vows. The pain endured from sexual betrayal can break your heart, but it does not need to break your life.

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Customer Reviews

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Debbie Laaser, MA, is a licensed marriage and family therapist and has been involved in recovery with her husband, Mark, for over twenty-seven years. Debbie facilitates therapy groups and counsels spouses who have been relationally betrayed. She speaks with her husband at training events and workshops around the country. Mark and Debbie Laaser are also the authors of *The Seven Desires of Every Heart*.

I found this book to be one of the best book out there to help me understand the process of healing after sexual betrayal. It is not a magic bullet for the pain, but very helpful to realize my feeling and reactions are normal. There are a variety of biographies of women who have travelled this journey, all with different personalities, so one may very well fit you and your situation. If you are looking for a book who's goal is healing, this is a good start along with a great counselor!

This was the very first book I read after my life was shattered by my husband's disclosure of his secret addiction and affair. I cannot even express what a comfort it was! I appreciate the author sharing so much of her honest struggle, because in it, I found validation for my own broken heart. The fact that she made it through and was able to forgive and love again, brought peace and hope to me in my darkest hour. I clung to her good advice and tried to follow as best I could. Though I've now read many recovery books, I still value this one greatly for that initial validation and hope!

This book offers hope and healing for those who have experienced the heartbreak of sexual betrayal. I read this book after joining a support group that used the workbook *Faithful and True Spouses*. I cried my way through many of the chapters. It's not a surfacey book, but gets right into

heart issues.

The author writes from her own experience as well as bringing in knowledge of more than just a woman's point of view. I took her advise and waited and it made all the difference. Anyone can walk out... I am glad I read the reviews on this book before purchasing it, then so glad I read and re-read it. It was worth it, for me anyway. Thanks for having this book.

This book is like sitting with a professional counselor.. Honestly, for any woman dealing with this issue Debra expresses the true meaning of forgiveness, mercy and respect regarding our husbands. Through her experience she relates valuable information and instruction to help woman move forward and let go of resentment and hurt.

Nearly two years into recovery from my husband's infidelity, this book was exactly what I needed. I'm not sure I was ready for it earlier in the process but at this point it was very helpful. I was able to examine myself and speak truth to myself.

I really appreciated this book and think it has a lot of great information for healing. Many many books are out there to help husbands, but this one is geared toward wives. Even better, it gives good, sound advice on what to do if you wish to continue in the marriage. I appreciate this book and would/will recommend it to others in this situation.

She writes from a position of having been there, having gone through it. Good reading and helps for women who find themselves in a marriage where husband has chosen to do things to hurt himself, his wife and his marriage. The only thing that makes it hard, is that her husband was repentant, was sorry, got help and they could work it out. Not all husbands have made that choice. Some never choose to get help and others take much longer to get help, meanwhile the wife has to live with the results of her husbands choices, usually very painful and lonely. This book is a topic of conversation with a friend who is helping in healing.

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