



# **Infidelity Survival Plan: The Quintessential Guide to Surviving an Affair: A Proven 7 Step Plan for Healing from Infidelity and Ensuring You Avoid It in the Future**

*Dr. Kat Peoples*

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## **Infidelity Survival Plan: The Quintessential Guide to Surviving an Affair: A Proven 7 Step Plan for Healing from Infidelity and Ensuring You Avoid It in the Future** Dr. Kat Peoples

In this practical and easy to read guide, Dr. Kat Peoples gives you effective advice about how to heal from infidelity and make your relationship safe from further affairs. Her 7 step process is simple to use and incredibly effective. This powerful and practical guide is full of hope, guiding you through healing from an intensely painful experience into a relationship that lasts: In her 7 Step Plan, Dr. Peoples shows you how to: Confront your spouse Identify reasons for the affair Manage obsessive thoughts Learn when and how to forgive Avoid infidelity in your future And so much more! Dr. Kat Peoples is a licensed counselor and a coach in private practice and specializes in working with couples healing from infidelity. In her book, she draws on 15 years of clinical experience in working with struggling couples to provide you with a step-by-step guide for how to heal from infidelity. In her book, Dr. Peoples also shows you how to infidelity-proof your relationship so that your marriage is strong and secure for years to come. With her practical guidance and concrete instructions, you are armed with the best information for your success.

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