

Affair Recovery Resources

TED Talk: Esther Perel on Infidelity:

https://www.ted.com/talks/esther_perel_rethinking_infidelity_a_talk_for_anyone_who_has_ever_loved?language=en

TED Talk: Esther Perel on Desire in Long-Term Relationships:

https://www.ted.com/talks/esther_perel_the_secret_to_desire_in_a_long_term_relationship

Book: *After the Affair* by Janis Abrahms Spring

<https://www.janisaspring.com/after-the-affair>

Book: *Not Just Friends* by Dr. Shirley Glass

<https://www.shirleyglass.com/book.htm>

Book: *Healing from Infidelity* by Michele Weiner-Davis

<http://www.healingfrominfidelity.com/>

Podcast: Where Should we Begin? By Esther Perel

<https://whereshouldwebegin.estherperel.com/>

*Episode 1 from Season 1 and Episode 2 from Season 3 are specific to affairs

Podcast: The Adult Chair by Michelle Chalfant

<https://theadultchair.com/podcasts/125-healing-from-betrayal/>

Website: Dear Peggy

<https://dearpeggy.com/>

**It is easy to search for resources on the internet, but be cautious. Sometimes having too much information or seeking out too much advice, can be more damaging than not. I recommend sticking to these resources and any video, article, podcast or book done by anyone mentioned above.*