

THE EMOTIONAL AFFAIR

How to Recognize Emotional Infidelity and What to Do About It

RONALD T. POTTER-EFRON, MSW, PH.D.

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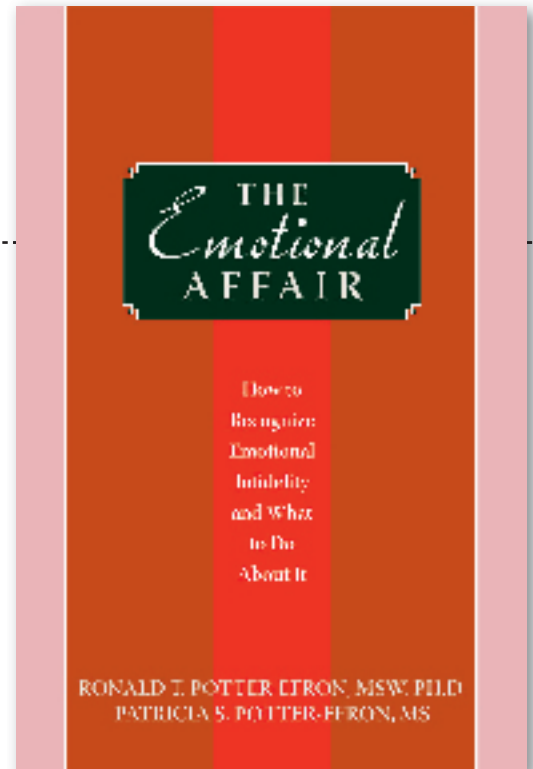
Even without the complication of sexual infidelity, affairs of the heart can damage the stability and intimacy of a relationship. In *The Emotional Affair*, Ronald Potter-Efron and Patricia Potter-Efron offer readers advice on recognizing, addressing, and preventing these common relationship crises.

An emotional affair is an intense, primarily emotional, nonsexual relationship that diminishes at least one person's emotional connection with his or her committed partner.

The key elements are:

- **Intensity:** A strong attraction to the third party. This person feels very special and important.
- **Primarily emotional:** The relationship with this friend centers on sharing emotions.
- **Nonsexual:** If there's erotic interest, it isn't acted upon.
- **Diminished emotional connection with your partner:** Emotional affairs damage your primary relationship by reducing commitment, emotional sharing, and trust.

The Emotional Affair helps the reader explore whether or not the partner is having an emotional affair and then offers steps to discovering the roots of the problem, making changes in the relationship, discussing the issue with the "cheating" partner, and recovering from the breach of trust and intimacy caused by the affair.



About the Authors

RONALD T. POTTER-EFRON, MSW, PH.D. is a clinical psychotherapist in private practice, who specializes in anger management, mental health counseling, and the treatment of addictions.

He is the author of a number of best-selling titles, including *Angry All the Time*, *Letting Go of Anger*, and *Stop the Anger Now* and coauthor of *The Secret Message of Shame and Anger*, *Alcoholism*, and *Addiction*. His books have over a quarter-million copies in print.

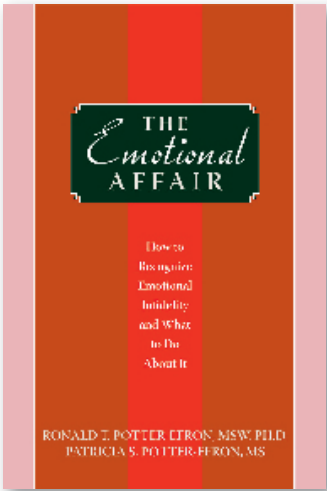
PATRICIA S. POTTER-EFRON, MS is an experienced clinical psychotherapist. She is co-author of *Letting Go of Anger*, *Letting Go of Shame*, and *The Secret Message of Shame*. She writes, teaches, and facilitates relationship workshops for the general public.

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Ronald T. Potter-Efron, MSW, PH.D. & Patricia S. Potter-Efron, MS
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Did You Know...

Psychologists and relationship researchers have noticed that non-sexual “emotional affairs” are increasing. “Psychologists call emotional affairs the biggest threat marriage has ever faced” (*Psychology Today*, Mar/Apr 2006), and according to the American Association of Marriage and Family Therapy, up to 35 percent of wives and 45 percent of husbands have had emotional affairs and other non-physical intimacy with people other than their partners.

Excerpt

Imagine that a loving relationship is like a well-built eight-room house. However, the names of the rooms in this house aren't kitchen, living room, and so on. They are trust, commitment, friendship, love, respect, acceptance, forgiveness, and growth.

That emotional affair was like a powerful storm that blew so ferociously that it almost destroyed your house.

Fortunately, though, your home survived. Unfortunately, each room has taken some significant damage. So now the two of you must get to work rebuilding each room. Of course, this would also be a good time to think not only about repairing the destruction but also actually improving the appearance of those rooms. Why settle for what you had when you can do a little needed remodeling?

- **Trust**
- **Commitment**
- **Friendship**
- **Love**
- **Respect**
- **Acceptance**
- **Forgiveness**
- **Growth**

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