



Transcending Post-infidelity Stress Disorder (PISD): The Six Stages of Healing

Dennis C. Ortman

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Have you been traumatized by infidelity?

The phrase "broken heart" belies the real trauma behind the all-too-common occurrence of infidelity. Psychologist Dennis Ortman likens the psychological aftermath of sexual betrayal to post-traumatic stress disorder (PTSD) in its origin and symptoms, including anxiety, irritability, rage, emotional numbing, and flashbacks. Using PTSD treatment as a model, Dr. Ortman will show you, step by step, how to:

- work through conflicting emotions
- Understand yourself and your partner
- Make important life decisions

Dr. Ortman sees recovery as a spiritual journey and draws on the wisdom of diverse faiths, from Christianity to Buddhism. He also offers exercises to deepen recovery, such as guided meditations and journaling, and explores heart-wrenchingly familiar case studies of couples struggling with monogamy. By the end of this book, you will have completed the six stages of healing and emerged with a whole heart, a full spirit, and the freedom to love again.

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Spent a free time for you to be fun activity to do! A lot of people spent their spare time with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the reserve untitled Transcending Post-infidelity Stress Disorder (PISD): The Six Stages of Healing can be very good book to read. May be it can be best activity to you.

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