



Just Released:
CHATTING or CHEATING
 How to Detect Infidelity, Rebuild Love, and
 Affair-Proof Your Marriage
 by Dr. Sheri Meyers, Psy.D.

Is Your Partner Falling In Love With Someone Else? Are You?

You can avert a crisis of INFIDELITY BEFORE it hits or SAVE your relationship if it already has.

Whether you're the one who suspects your partner of cheating, or you're the one who is engaging in a secret affair, **CHATTING or CHEATING** will guide you through the process of discovery, confrontation, confession, and healing.

In this book you'll learn how to...

- Take off the blinders of affair denial and become affair-aware
- Confront your cheating partner without losing your cool
- Confess the truth without breaking your partner's heart
- End the affair and stop the obsession
- Survive betrayal, heal your heart, and restore the trust
- Repair your relationship, revitalize your romance, and safely love again

YOU CAN SAVE YOUR RELATIONSHIP AND MAKE IT EVEN BETTER THAN BEFORE!

The good news is that the discovery of infidelity doesn't have to be the disaster you imagine. An emotional, cyber or physical affair doesn't need to lead to a divorce or break up if you know the steps to take. You can turn it around. You can rebuild your trust, affair-proof your relationship and safely fall in love again. **CHATTING or CHEATING** takes you by the hand and guides you each step of the way.

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Sheri Meyers, Psy.D.

"CHATTING or CHEATING is an informative, practical guide for dealing with infidelity. There are wonderful sections on instructing the cheater how to confess and to end an affair--also on how "the betrayed" can recover. This book is filled with useful, straightforward instructions to heal a wounded heart."

--**Judith Orloff MD**
 Author of *Emotional Freedom*

"CHATTING or CHEATING vividly illustrates some of the slippery pitfalls that lead a person from seemingly innocent flirting (over coffee or over cyberspace) to actions that damage families, loved ones, self-esteem, and the course of one's life.

CHATTING or CHEATING is a must read for anyone who wonders about the health of their committed relationship. I'm very impressed with the tremendous contribution this book will make to our profession and to couples everywhere."

Peter Lambrou, Ph.D.
 Author of *Code to Joy: The Four-Step Solution to Unlocking Your Natural State of Happiness*

**YOU CAN RECOVER
 AND EVEN THRIVE
 AFTER AN AFFAIR!**
Dr. Sheri shows you how.

"Dr. Sheri Meyers has written a profound and powerful book that is a must-read for anyone wanting to protect your relationship, heal it if it's on shaky ground, or recover from the heartbreak of infidelity. With deep insight, clarity and compassion, she offers you an essential map through the murky maze of the most painful issues a couple can face. **'CHATTING or CHEATING'** will be the answer to many prayers."

Barbara De Angelis Ph.D.

#1 NY Times Bestselling Author of *How Did I Get Here?*

"CHATTING or CHEATING is a lifeline, giving hope and effective strategies that can help couples recover and rebuild a healthier, happier, more deeply intimate relationship after an affair. I highly recommend reading this book."

--**Daniel G. Amen, MD**

Author of NY Times Bestseller *Change Your Brain, Change Your Life*

"CHATTING or CHEATING has the most-accurate 21st century clues and insights on why people begin to stray and what can be done to strengthen your love and closeness. If you've ever started to wonder if your relationship is in even the slightest danger, this book can help you sort out truth from self-deception and teach you the ways to build the kind of trust, intimacy and satisfaction you've always longed for."

--**Leonard Felder, Ph.D.**

Author of *Make Up or Break Up: 8 Crucial Steps to Strengthening Your Relationship*

"Read this book BEFORE you have an affair. Read this book if you've ever fantasized about having an affair. And if you've had an affair, or suspect your partner, read this book to prepare yourself for a journey into intimacy. Thanks to the expertise of Dr. Meyers and her straight-arrow and heartfelt advice, this gem may just save your relationship before trouble even ensues."

--**Mark Robert Waldman, Ph.D.**

Author of *How God Changes Your Brain*