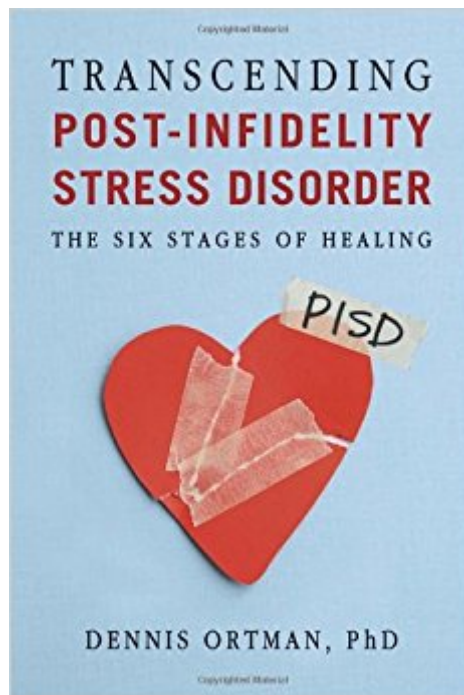




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Transcending Post-infidelity Stress Disorder (PISD): The Six Stages Of Healing



Synopsis

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.

Book Information

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Best Sellers Rank: #54,871 in Books (See Top 100 in Books) #69 in Books > Health, Fitness & Dieting > Mental Health > Depression #69 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #191 in Books > Self-Help > Stress Management

Customer Reviews

Of all the books on infidelity, this is the first that pegs the aftermath, accurately in my view, as a trauma that results in a "stress disorder" with a clear plan for healing. Insightful and helpful.

--Harville Hendrix, PhD, author of *Getting the Love You Want* Dennis Ortman writes with generosity and grace about a very difficult topic. This book is honest, compassionate, and clinically smart; his strong spiritual message makes the subject of infidelity far more hopeful and humane.

--Pat Love, EdD, author of *The Truth About Love* Dr. Ortman is right on in calling an infidelity a trauma. By uniting the wisdom of Western psychology with East-West spiritual traditions, he offers

rich, practical guidance and hope. --Janis Abrahms Spring, PhD, author of *After the Affair and How Can I Forgive You?*

* A psychologist uses post-traumatic stress disorder as a model for the wounded partner to explore rage and emotional pain and learn the secrets of recovery. * An estimated 60 percent of men and 40 percent of women will have an affair at some point in their marriages. * Includes spiritual exercises, such as guided meditations and journaling, to aid recovery.

I have bought so many books and all of them seem to eventually get around to blaming the partner who has been cheated on. Asking them to think about what they did to make the affair happen. Pushing the traumatized spouse to forgive and move on without recognizing the true impact being betrayed has on a person physically and emotionally. This book doesn't do that. It validates and gives a name to the state we are left in when the person we love and are devoted to betrays us. There are true physical symptoms that happen that are more than controlling our emotions to just "get over it". I highly recommend this book.

I found this book to be slightly helpful. It was very redundant. Kinda upset I spent so much money on this book.

Insightful in understanding one's partner, but the advice, which is mostly just to pray or meditate, is not particularly helpful.

Gives great stories as examples. I wish it had more information for a longer recovery period though, it would be helpful.

Well written, includes exercises. Gets into spiritual/religious aspects in a considerate and positive way. Great integration of real scenarios and feelings. Must read for anyone dealing with infidelity, both sides.

Read it ladies you'll learn some things might not like it but this is a good book

This book was head and shoulders above everything else I've read on the subject. I've been through this process and I wish I had discovered this book on day one!

Great book!

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