



# Back From Betrayal: Recovering from the Trauma of Infidelity

*Jennifer P. Schneider M.D.*

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## **Back From Betrayal: Recovering from the Trauma of Infidelity** Jennifer P. Schneider M.D.

It's a loving spouse's worst nightmare: standing by, helpless, as your partner seeks sexual attention from others—a discovery that quickly turns to shame and regret. If only you were prettier or more exciting, maybe you could keep his attention. If only you earned more money, maybe she would be attracted to you.

But the truth is that, for many, online and real-life infidelity is an addiction—a compulsive need for other sexual partners, as intoxicating as any bottle or pill. And with the rise of websites and smartphone apps, getting the next fix is often just a click or screen tap away.

Author Jennifer P. Schneider, MD, broke new ground in *Back from Betrayal* as one of the first to address sex addiction in relationships, as well as the traumatic experiences faced by the partners of men and women who compulsively lie and cheat.

Now in its fourth edition, the book is updated to reflect the latest knowledge regarding infidelity and contains chapters covering the unique challenges of sex addiction in the digital age.

Now more than ever, Schneider provides a voice for those struggling with this devastating issue—and offers much-needed hope toward recovery and healing.

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