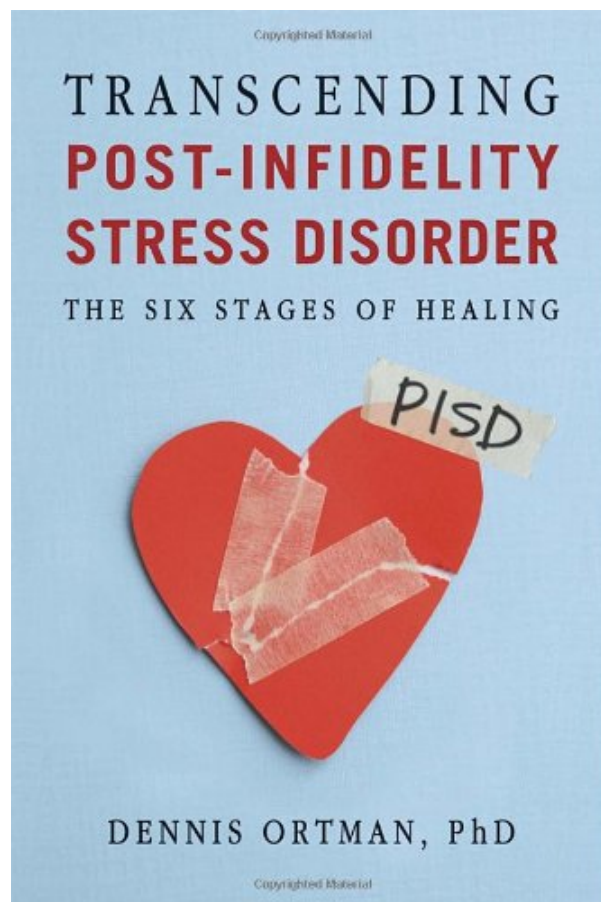


# **TRANSCENDING POST-INFIDELITY STRESS DISORDER (PISD): THE SIX STAGES OF HEALING BY DENNIS C. ORTMAN**



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DENNIS ORTMAN, PhD

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## Review

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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?*

## From the Publisher

- \* 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.
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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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- Dimensions: 9.00" h x .52" w x 6.00" l, .92 pounds
- Binding: Paperback
- 258 pages

Features

- Self-Help
- Post-infidelity Stress Disorder
- Transending the six stages of healing
- Dennis Ortman, PhD

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## Most helpful customer reviews

23 of 24 people found the following review helpful.

Great book. Very Validating.

By Cape Pug

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.

14 of 14 people found the following review helpful.

Excellent read!

By Susan Severson

This book helped me a lot. I don't read many self help books, but this one was excellent. It is very helpful and an easy read. You can read this book in 3 days. This book offered good advice and made you think outside the box, review your life decisions, and look at your personality traits. It helped me move forward and make positive changes and decisions in my life. I highly recommend this book if you are struggling with depression and going through a difficult time in your marriage.

4 of 4 people found the following review helpful.

Awesome read

By Greg

This is an awesome book for those hurting and recovering from infidelity. It helps to explain and understand the emotions associated with this type of trauma. This book is good for both the betrayed and the guilty one.

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