



# Emotional Infidelity: How to Affair-Proof Your Marriage and 10 Other Secrets to a Great Relationship

By M. Gary Neuman

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What's holding you back from a great marriage?

"I don't believe in 'okay,' 'decent,' or 'solid' marriages. I'm against them," says M. Gary Neuman. "I believe only in great marriages, and that you should expect and reach for no less." In the last fifteen years, M. Gary Neuman, marital therapist and architect of the Sandcastles Divorce Therapy Program, has helped thousands of couples in crisis. Couples who fight. Who've grown apart. Who are stuck in relationships that run more on routine and rancor than love and understanding. What he's found is that, contrary to popular belief, the problem is usually not poor communication. It's the failure to put most of your focus into your marriage. You've only got so much energy. Are you spending it by being emotionally unfaithful?

Take a quick check: Do you send that funny e-mail to your friends at work—but not to your spouse? Do you chew over all the problems on the job so thoroughly with your colleagues that by the time you get home, you just don't feel like going into it all over again? Do you get a secret thrill out of flirting with coworkers—thinking it's safe because you know it's not going any further? If so, you're committing emotional infidelity—and you're draining your marriage of the energy it needs to be great. Learning how to break this cycle is one of eleven secrets M. Gary Neuman shares in his provocative new book.

Based on the ten-week program he's developed in his successful couples counseling practice, the book offers guidelines that are often counterintuitive, even outrageous or shocking. But they work. Dare to limit contact with members of the opposite sex. Dare to need each other. Dare to put in writing the nitty-gritty realities of a marriage plan. Dare to put your marriage before your kids or job. Dare to make love in a whole new way. Dare to change your focus: make the commitment to focus on each of the eleven secrets (ten plus one bonus secret) for one week apiece and you'll reap the rewards of a transformed marriage and a reconfirmed relationship.

M. Gary Neuman's program is guaranteed to challenge you and make you reexamine the myths holding you back from true happiness and satisfaction. It will change your marriage forever.

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### Editorial Review

#### Amazon.com Review

You don't have to have sex to cheat on your marriage, counsels M. Gary Neuman in his practical and provocative book, *Emotional Infidelity*. Neuman, a therapist, family mediator, and rabbi, suggests that when you invest your emotional energy in opposite-sex coworkers or friends--instead of focusing on your spouse--you are unfaithful to your marriage. With clear case examples, scenes from his own marriage, quizzes, and exercises, Neuman illustrates 11 "secrets" that couples can apply to insulate and protect their marriage. Each secret is defined in a separate chapter, along with a blueprint for bringing it home. For example, the secret of setting marital goals includes a step-by-step guide to creating a "marriage proposal," and the chapter about the impact of childhood in marriage offers readers probing questions about the legacy of their parents' marriage. However, Neuman's most controversial secret is his ability to skewer the myth of marriage as mutual independence. Instead, he urges couples to establish a "healthy co-dependence" in their marriage and to "protect their marriage against emotional infidelity by avoiding friendships with members of the opposite sex." Neuman's passion for increasing focus and commitment in marriage can be both persuasive and challenging, with his clear values and strategies requiring that readers reexamine their ideas about marriage.

--Barbara Mackoff

#### From Publishers Weekly

"If we operated our business the way we run our marriage, most people would be bankrupt," asserts Neuman in this manual for creating and maintaining nothing less than great marriages. Admitting that this objective "takes a 110 percent effort," the coauthor of *Helping Your Kids Cope with Divorce the Sandcastles Way* brings 14 years of experience as a marital counselor and an equally long marriage of his own to this comprehensive guide. The title refers to Neuman's belief in "the single most important thing you can do for your marriage," namely limiting your relationships with everyone other than your partner, particularly members of the opposite sex. Neuman also offers 10 other "secrets" for couples to work through in 10 weeks, including sharing specific goals and plans, clearly defining roles for each partner, appreciating each other, fostering interdependence and understanding the effects of your childhood on your marriage. Reminding readers that a great marriage takes years to cultivate, Neuman provides a four-point plan: touch each other five times daily, go on a weekly date, have a long talk four times a week, and have an all-out romantic lovemaking night monthly. Neuman makes the questionable claim that it only takes one partner to transform a marriage and make it great, and confuses interdependency with "codependency" (which may offend readers struggling with issues of relationships with actively addicted persons). Still, this is an important addition to the marriage manual genre, complete with an unusually helpful section on in-law relationships. (Oct. 23) Forecast: Marriage manuals are always in demand in bookstores and hot topics for talk shows. This one offers a unique (and possibly controversial) viewpoint as well as an experienced and engaging author. Planned national publicity could spark high interest and sales.

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#### From the Inside Flap

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#### **Jordan Sampson:**

As people who live in the modest era should be revise about what going on or facts even knowledge to make these people keep up with the era that is always change and progress. Some of you maybe will probably update themselves by reading books. It is a good choice for you personally but the problems coming to a person is you don't know which you should start with. This Emotional Infidelity: How to Affair-Proof Your Marriage and 10 Other Secrets to a Great Relationship is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and wish in this era.

#### **James Flynn:**

Do you one among people who can't read satisfying if the sentence chained within the straightway, hold on guys this specific aren't like that. This Emotional Infidelity: How to Affair-Proof Your Marriage and 10 Other Secrets to a Great Relationship book is readable simply by you who hate those straight word style. You will find the data here are arrange for enjoyable reading through experience without leaving even decrease the knowledge that want to give to you. The writer associated with Emotional Infidelity: How to Affair-Proof Your Marriage and 10 Other Secrets to a Great Relationship content conveys thinking easily to understand by most people. The printed and e-book are not different in the articles but it just different in the form of it. So , do you continue to thinking Emotional Infidelity: How to Affair-Proof Your Marriage and 10 Other Secrets to a Great Relationship is not loveable to be your top collection reading book?

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**Jillian Harrington:**

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