



So S/He Had An Affair: Writing to Keep From Losing Your Sh*t (Writing Through Your Divorce) (Volume 2)

Deesha Philyaw

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Here's the thing: If you've discovered (or were told) that your spouse had an affair, you've probably already lost your sh*t. Or you're going to, but it just hasn't happened yet. This book is a survival guide for women who have ultimately decided (or whose spouse has decided) to divorce, after their partner's affair. We offer the writing exercises in this workbook as a pathway toward healing and regrouping.

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