Google Drive



# The New Monogamy: Redefining Your Relationship After Infidelity

*Tammy Nelson PhD*

Download now

Click here if your download doesn"t start automatically

# The New Monogamy: Redefining Your Relationship After Infidelity

*Tammy Nelson PhD*

**The New Monogamy: Redefining Your Relationship After Infidelity** Tammy Nelson PhD

Everyone has their own concept of what “monogamy” means—and most people assume their partners and spouses are on the same page. Couples may assume that they are monogamous, but never discuss exactly what the monogamy agreement means to them. What happens when this implicit agreement is broken? After infidelity, relationships can become strained as both partners lose trust and faith in each other. **The New Monogamy** offers a way out of these difficulties for couples struggling to stay together after infidelity. Couples make these implicit assumptions and agreements explicit so that each partner knows exactly what is expected of them in the future and what they can expect from their partner.

Author Tammy Nelson helps couples regain trust, romance, and intimacy after infidelity by redefining the monogamy contract. The new monogamy contract is an explicit relationship agreement created after the affair that allows each partner to openly, honestly, and safely share their desires, expectations, and limitations. This agreement does not create an open marriage, but rather, an open conversation wherein each partner can have a say in setting the ground rules for their relationship. The book first helps couples rebuild trust after the affair, then engages in a series of Imago dialogues based on questions about what each partner really wants in the relationship, not what you think you should want or what a partner wants you to want. **The New Monogamy** includes questionnaires, checklists, and candid questions for partners to ask that help welcome complete honesty and trust back into the relationship. Then, the book helps couples make an erotic recovery from infidelity by addressing erotic problems that may surface and offers advice for helping couples return to desiring and trusting one another. After an affair, it’s impossible to go back to the way the relationship was before, but this book offers the chance for a new beginning.

**Download** The New Monogamy: Redefining Your Relationship Aft ...pdf

**Read Online** The New Monogamy: Redefining Your Relationship A ...pdf

**Download and Read Free Online The New Monogamy: Redefining Your Relationship After Infidelity Tammy Nelson PhD**

---

**From reader reviews:**

**Kenneth Tillman:**

Nowadays reading books become more and more than want or need but also be a life style. This reading behavior give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book this improve your knowledge and information. The details you get based on what kind of book you read, if you want get more knowledge just go with education and learning books but if you want sense happy read one having theme for entertaining like comic or novel. Often the The New Monogamy: Redefining Your Relationship After Infidelity is kind of guide which is giving the reader unstable experience.

**Dawn Hicks:**

This The New Monogamy: Redefining Your Relationship After Infidelity usually are reliable for you who want to certainly be a successful person, why. The reason of this The New Monogamy: Redefining Your Relationship After Infidelity can be one of the great books you must have is usually giving you more than just simple looking at food but feed you actually with information that maybe will shock your prior knowledge. This book is handy, you can bring it almost everywhere and whenever your conditions in e-book and printed ones. Beside that this The New Monogamy: Redefining Your Relationship After Infidelity giving you an enormous of experience like rich vocabulary, giving you demo of critical thinking that we all know it useful in your day exercise. So , let's have it and revel in reading.

**Deborah Hart:**

Reading a e-book tends to be new life style on this era globalization. With looking at you can get a lot of information that may give you benefit in your life. With book everyone in this world can share their idea. Publications can also inspire a lot of people. Plenty of author can inspire all their reader with their story or their experience. Not only the storyline that share in the ebooks. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors nowadays always try to improve their ability in writing, they also doing some study before they write to their book. One of them is this The New Monogamy: Redefining Your Relationship After Infidelity.

**Robert Hensley:**

It is possible to spend your free time to read this book this publication. This The New Monogamy: Redefining Your Relationship After Infidelity is simple to deliver you can read it in the recreation area, in the beach, train as well as soon. If you did not have got much space to bring the printed book, you can buy the particular e-book. It is make you much easier to read it. You can save the actual book in your smart phone. And so there are a lot of benefits that you will get when you buy this book.

**Download and Read Online The New Monogamy: Redefining Your Relationship After Infidelity Tammy Nelson PhD #HZ3860KPJQY**

# Read The New Monogamy: Redefining Your Relationship After Infidelity by Tammy Nelson PhD for online ebook

The New Monogamy: Redefining Your Relationship After Infidelity by Tammy Nelson PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The New Monogamy: Redefining Your Relationship After Infidelity by Tammy Nelson PhD books to read online.

## Online The New Monogamy: Redefining Your Relationship After Infidelity by Tammy Nelson PhD ebook PDF download

### The New Monogamy: Redefining Your Relationship After Infidelity by Tammy Nelson PhD Doc

#### The New Monogamy: Redefining Your Relationship After Infidelity by Tammy Nelson PhD Mobipocket

#### The New Monogamy: Redefining Your Relationship After Infidelity by Tammy Nelson PhD EPub