

# The Monogamy Myth: Why Affairs Happen and How to Survive Them Read Online

## Information:

**Author:** *Peggy Vaughan*

**Format:** *224 pages*

**Dimensions:** *135 x 214mmmm*

**Publication date:** *14 Mar 1991*

**Publisher:** *HarperCollins Publishers*

**Imprint:** *THORSONS*

**Release location:** *London, United Kingdom*



## Overview:

Monogamy is not the norm in today's marriages. Here the author gives the reader an alternative to the "blame the victim" approach of most experts on why affairs happen. She examines all the complex reasons behind why people have affairs, especially the role that society plays in encouraging them. By challenging the widely-accepted view that affairs are a sign of failure by one or both partners, this book can help to pave the way to recovery and building healthier, enduring and loving relationships.

## Additional Info:

## Table of contents

Part 1 Why affairs happen: beyond personal blame; how society contributes to affairs. Part 2 The experience: suspicion and confrontation; the pain of knowing. Part 3 The healing process: rebuilding self-esteem; trust, honesty, and communication; sexual healing; where and how to get help. Part 4 A time of reckoning: the marriage/divorce dilemma; living with the decision; a new

understanding of affairs.