

Why We Cheat And What To Do About It: A Comprehensive Guide To Understanding And Preventing Infidelity



Men Tell All: Why We Cheat and What to Do About It by Barbara J Barton

★★★★★ 5 out of 5



Infidelity is a complex and emotionally charged issue that can have a devastating impact on relationships. In this groundbreaking book, Dr. Shirley Glass explores the underlying causes of cheating and provides practical advice on how to prevent and heal from it.

Drawing on her decades of experience as a therapist and researcher, Dr. Glass offers a compassionate and nuanced understanding of why people cheat. She dispels the myths and stereotypes that surround infidelity and provides a clear-eyed look at the factors that contribute to it, including:

- Individual factors, such as low self-esteem, a need for excitement, or a desire for revenge
- Relationship factors, such as lack of communication, intimacy, or trust

- Situational factors, such as stress, opportunity, or temptation

Dr. Glass also explores the different types of infidelity and their varying impacts on relationships. She discusses the emotional and psychological consequences of cheating, both for the victim and the perpetrator. And she provides practical advice on how to prevent infidelity, rebuild trust, and heal from the pain of betrayal.

Whether you are struggling with infidelity in your own relationship or simply want to better understand this complex issue, *Why We Cheat And What To Do About It* is an essential resource. Dr. Glass's compassionate and evidence-based approach will help you to navigate the challenges of infidelity and emerge from it stronger than before.

About the Author

Dr. Shirley Glass is a renowned therapist, researcher, and author. She is the founder of the Shirley Glass Institute for Marital and Family Therapy and the author of several books on relationships, including *Not "Just Friends": Rebuilding Trust and Recovering Your Relationship from Infidelity* and *The Truth About Cheating: Why Men and Women Stray and What You Can Do to Prevent It*.

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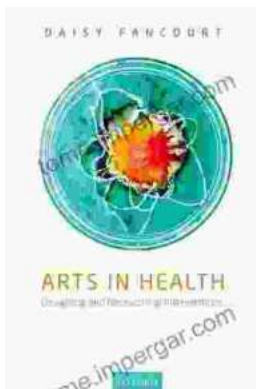
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