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# My Husband's Affair Became The Best Thing That Ever Happened To Me



## Synopsis

The groundbreaking book on recovering from infidelity and surviving marital affairs . . . and coming out stronger and more in love than ever. Courageous, bold, honest. Brian (husband): After nearly two decades of marriage to a sexy, loving woman - with whom I made love almost every night - I came home from work one evening and told her I was moving out, leaving her for another woman. Lucky for me, my wife refused to give up on our marriage. We are now closer and more committed than ever. What you're probably wondering is, if I loved my wife so much, why did I do it? In this book, I have answered that question. Danielle (teenage daughter): When my father told me he was leaving my mother for another woman, I felt it was me he was abandoning. I wondered "what has my whole life been so far, a joke" In this book, I share the truth about my feelings Anne (wife): My Husband's affair became the best thing that ever happened to me, yes eventually, but it was also the most devastating of my life. There was a time when I wondered if I could even live through it. What people are saying."Riveting . . . Mesmerizing . . . I couldn't put the book down" "My Husband's Affair" deliberately removes itself from providing "the theoretical and psychological" explanations for the why of infidelity and instead purposes to take readers on a gut-honest, courageous, straight-from-the-heart journey into the lives of a couple/family who endured the aftermath of an affair. A must-read before couples, facing infidelity, make life decisions they may later regret. This book provides an alternative to the expected . . . hope that it's not over. Don Huston, BTh, MC, RCC, Couples Therapist This book makes a wonderful contribution to the growing willingness of couples to "break the code of silence" and share their experience with affairs in order to help others. It offers clear insight into the pain involved as well as great hope for the power to recover

## Book Information

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## Customer Reviews

Born in Northern England, raised between Chicago, Illinois and Copenhagen, Denmark, Anne Bercht is a well-traveled, dynamic and courageous woman. At the age of sixteen, she moved to Houston, Texas, independent of her family so she could finish her education in the United States. She spent her young single days in Houston working as a draftsman trainee for an engineering company and pursuing her skydiving hobby on the side, until a young Canadian swept her off her feet and moved her to a small town in the Alberta Rockies. Together with her husband, Brian, she spent twelve years as his active business partner growing a commercial cabinet manufacturing firm from the ground up. Having experienced first hand the pain of growing up in a broken home, Anne has been passionate about fulfilling marriage relationships and parenting. She is also an experienced and accomplished speaker, teacher and small group facilitator. In addition to speaking about relationships and family, she has been involved with the marketing and delivery of business leadership seminars. She also teaches regularly for an employment transition program, where she helps individuals to link natural gifts and talents to meaningful careers. Anne has a unique ability to motivate and inspire others through her caring nature and refreshing openness and honesty. She currently resides with her husband and three children in Abbotsford, British Columbia, Canada, where she writes articles, hosts a Web site and runs a support group on a volunteer basis for individuals recovering from extramarital affairs.

This book is not at all helpful. I'd stumbled upon their website and will admit I was cautious as I always am when finding non-professionals offering services (expensive services at that) but very much liked some of what I read on that website so was interested. (Note that I later found that the information on their website that I'd found so good was actually borrowed from the book "Not Just Friends" by Shirley Glass Ph.D.; a book I recommend very highly - get it, it is invaluable). Much of the reason I was interested in reading the book because on the website Anne says for two years after her husband's affair she was secretly planning to leave as soon as the kids were grown. I was struggling with the aftermath of my husband's affair and felt I wasn't "getting over it" as quickly as I should be. Her statement about not being invested for those two years made me feel a little less late in coming around (6 months) and I was interested in hearing what I thought would be something I could relate to. Throughout the book she constantly inserts her religion, says over and over again what a great man her husband is and appears to be quite invested in repairing the marriage. Only

once towards the very end does she mention that she was planning to leave. You sure wouldn't have known it by reading the rest of the book. The reason her husband's affair was the best thing that happened to her is because it caused her to go to therapy to resolve her childhood issues. Really? I also find it quite interesting that she and her husband now have a business built around counseling people dealing with affairs, however, her husband refused to go to therapy during their own affair crisis.

In some parts of the book, I was mad at Brian for being an idiot and not knowing how to communicate with his wife, making excuses, and then being willing to lose it all -- his whole family, but he himself admits in the book that he was not in touch with his feelings in a way to put it into words, like Anne was able to. As a whole, the book is excellent and inspiring. If you are married to a good man who happens to do something stupid, but he still loves you and you love him, it's worth the effort. I admire them for pulling it together, and not going solo or starting a new life with a new person (which would probably fail). They rebuilt their marriage, came out better, and their children were saved the suffering of their parents splitting up and losing their nuclear family. It took courage to put their experience in a book, and opening themselves up to criticism, in an effort to support others who are going through the same type of experience.

Excellent, very helpful. Gives both perspectives honestly and helps you see the bigger picture. Huge thank you to the Bercht Family for helping so many with your story. God knows you've helped me. The family dynamic is complex; childhoods, expectations and the subconscious all come into play. Awareness, forgiveness and God's love are key to transforming a terrible hardship into a miraculous blessing.

The title put me totally off. The book is entirely different. If you have been cheated on I would gladly suggest this book. Check out the group BAN which the Author and her husband helped keep going after the original creator passed away. Its better (Or at least as good) as private therapy.

I purchased this book and could not wait for it to come in the mail. After it arrived, I could not put it down. I took a highlighter and started highlighting what I thought were the most important statements. My goal was for my husband to read the book and for him to see what I thought was important in the chapters. He has not yet read the book but I am hopeful that he will choose to do so soon. This book is good for both the betrayed spouse and the unfaithful spouse because it shows

the point of view from both sides. I appreciated reading from Brian's side so that I could get another point of view as well.

AS someone who was guilty of making such a mistake, this book helped me to see and understand all the mistakes I was making in the first place as well as showing me what was going through the mind of my wife and the damage I had caused her. Although she still will not give me a chance to reconcile I am finally at peace in knowing I have tried everything to make it right and though she cannot forgive me, at least I can forgive myself and continue my journey to change myself for the good.

This book was just what I needed to read. She gives you all the viewpoints of her situation to help the reader understand and learn from her story. Her emotions were exactly what I had experienced and her journey is inspiring. This book is a great example of how we all need to reach out and help others in this life. When we wonder why we go through such suffering, we can easily look to this book and see how Anne is teaching and helping so many by going through her struggles.

I am a Christian too ..... but I really don't think God would want either party in a marriage to be treated the way the husband treated the wife. Over half the book the author never mentions Brian's point exactly as to his problem with her. I felt like a lot was not being said or being told to me as a reader. To say your husband's affair was the best thing to happen is a terrible thing to put out there for other readers that may be going through this. Yes I read your explanations for everything but I still feel you and your husband just said some things to justify your actions and what was done to you. Congrats to Anne and Brian for sticking it out. Do I believe one can come back from something like this? Yes but I would hope I as a woman would be able to not be as much of a door mat and show my husband just how easily and seamlessly life can go on without them there ..... taking care of my kids and myself first and not worrying about him so much.

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