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infidelity can  
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of the affair,  
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The Chump Lady

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10 posts from  
our site that  
every unfaithful  
spouse should  
read. There is  
also a separate  
guide entitled  
The Most Common  
Mistakes Made by  
the Unfaithful  
after  
Infidelity.

These two

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documents are  
meant to help  
the unfaithful  
gain a better

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now, do not make any hasty decisions. Do NOT think about the future. Your feelings are raging and raw. Let's just take a timeout.

Please do NOT do anything NOW that you could regret later.

Your spouse made

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a better understanding of the betrayal and lead them towards better decision making and providing greater assistance in the healing process. Click the blue link below to download it now.

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