



# The Ultimate Marriage Advice Book Bundle (Marital Conflicts, Cheating, Counseling)

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**The Ultimate Marriage Advice Book Bundle (Marital Conflicts, Cheating, Counseling)** Hyperink Publishing

This is a discounted bundle featuring 3 of Hyperink's most popular marriage advice books, including:

- Stop the Fighting! How To Resolve Marital Conflicts
- He Cheated, She Stayed: How Women Can Get Over Infidelity
- Coping with Your Spouse's Death: Depression, Anger, and Other Stages of Grief

Here are brief excerpts from each below. Buy them together and save over 25% off the combined price!

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From Stop the Fighting! How To Resolve Marital Conflicts:

Too often, when couples argue, they do not communicate with one another effectively. When you feel like your partner does not understand you, this can lead to long-term marital problems. In order to form a strong connection with your spouse, it is essential that you work on understanding their needs.

Many women attempt to avoid conflict all together in marriage. However, simply being passive can lead to more problems in the future and a breakdown in marital communication. Of course, there are many issues that are not worth fighting about, but it is important to let your partner know how you feel if something upsets you. Instead of simply avoiding disagreements, it is essential for a healthy marriage that you discuss your feelings with your partner so that you can resolve the issue together.

Fortunately, there are a number of things that you can do that will help you resolve conflicts in your marriage. These simple steps can help transform your marital arguments into learning experiences that will help you grow as husband and wife.

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From He Cheated, She Stayed: How Women Can Get Over Infidelity:

Infidelity is one of those things that you hear about happening, but never suspect will actually happen to you. After seeing portrayals of marital infidelity or cheating boyfriends all over movies, TV shows, books, tabloid magazines and gossip websites, it's hard not to be aware of the problem in a general sense. Chances are high that you know somebody was cheated on by somebody else, or you know somebody who cheated on his or her partner.

Maybe the latest infidelity is a favorite focus of gossip between you and your friends or coworkers. But even as you hear stories or read statistics, everything changes when you are actually the person who has to come to terms with the difficult, heart-rending and complex experience of learning that someone you care about has been unfaithful.

The process of fully realizing that your partner has been cheating on you can be a difficult one, whether you have been dating for a few months or married for years. Perhaps you have suspected infidelity, but have tried to stay optimistic and give your partner the benefit of the doubt, or were unable to face the negative consequences of having the affair verified.

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From Coping with Your Spouse's Death: Depression, Anger, and Other Stages of Grief:

When under such extreme and sustained stress, emotional and physical symptoms follow. Stress causes the body to go into a physiological fight-or-flight reaction, and if stress is profound or prolonged, the body remains in a constant state of alarm, which can lead to vulnerability to disease and even death. Stress impairs cognitive functioning, leads to depression, fear, anxiety, and anger, and leaves the body susceptible to a whole host of physical issues.

Stress causes the immune system to be compromised, and it becomes much harder to fight off even common illnesses like flu or a cold. Ulcers, asthma, migraines, and hypertension are common effects associated with stress. Development of more serious issues such as coronary heart disease and cancer is also facilitated by stress. Stress brought on by the death of a spouse commonly brings on depression, sleeping too much, insomnia, and disturbing dreams, just to mention a few problems...

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