

Raise your hand if you've had an affair.

Some 40 percent of marriages are rocked by affairs every year. But no one wants to admit it.

Infidelity has unsavory associations for most of us. We think of adulterers as self-centered narcissists, raging sex addicts, or lying philanderers. But the surprising truth about infidelity is this: Most affairs take place between two otherwise responsible, respectable people, who had *absolutely no intention of cheating*.

So why do happily married men and women cheat despite knowing that the betrayal will leave devastation in its wake? And why do so many high profile, high status people (mostly men) “fool around,” risking their families, reputations, and careers?

After twenty-five years of research and clinical work, Dr. Scott Haltzman debunks the infidelity myth and reaches some astonishing, even revolutionary, conclusions about it:

“Flame addiction.” The chemical rush, cravings, and after-the-fact guilt of a new conquest can be a powerful draw, like a moth to a flame, without regard to the cost. But they don't *excuse* philandering and poor impulse control.

Virtual infidelity. Because the Internet gives us 24/7 access to a digital ocean of potential mates, infidelity is on the rise. Learn acceptable online behavior, keep Facebook friendships at bay, and establish texting rules with pals of the opposite sex.

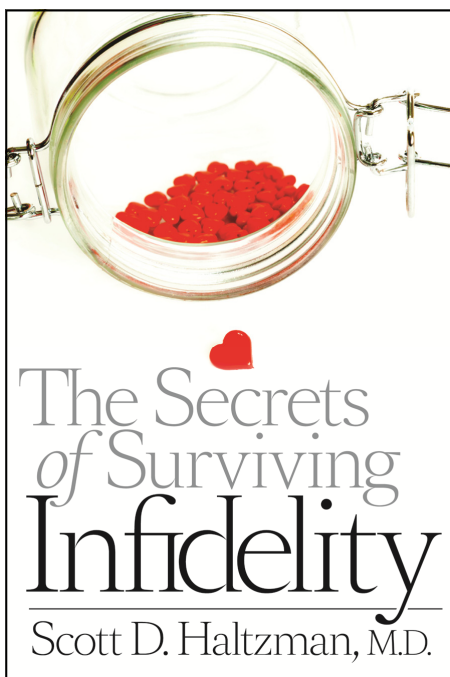
The NOD is a no-no. It's an acronym for the three elements that lead to infidelity: Need, Opportunity, and Disinhibition. Understand them and steer clear of trouble.

Time is no buffer. The chances of cheating go up each year you're together. Among the 60+ crowd, 28 percent of men and 15 percent of women have had at least one indiscretion.

Affair-proof your marriage. Love matures, but it doesn't have to grow old. Discover how to keep your relationship fresh.

The secrets. Learn the four steps to ending an affair; five principles of apology; four guidelines for recovery; and *one rule* to a happy marriage.

Infidelity is treatable. And trust can be rebuilt. Let Dr. Haltzman walk your audience through his essential relationship-saving guide. Marriages will not only survive, but blossom.



Scott D. Haltzman, M.D.

Dr. Haltzman is a former Brown University assistant professor and the country's foremost expert on infidelity and marriage. He is the author of the best-selling books *The Secrets of Happily Married Men* and *The Secrets of Happily Married Women*. Dr. Haltzman's opinions on relationship issues of the day are sought after by prominent national media outlets, including “20/20,” “Nightline,” *The New York Times*, and *Time*. Dr. Haltzman trained at Brown and Yale, and lectures internationally. He is currently a staff psychiatrist at The David Lawrence Center in Naples, Florida. He has been married for 25 years.

Johns Hopkins University Press

June 2013

312 pages/\$19.95

ISBN: 978-1-4214-0942-9

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