Dear BAN member,

I am very excited to announce to you that the head office of BAN, and BAN’s director Anne Bercht, is going to be providing us with guided sessions each month to really help each of us move forward in our healing.

Here is a list of the topics we can look forward to:

Introduction – February 2015

Your Healing Story Begins – March 2015

Understanding Why Affairs Happen (and the patterns)

How Do I Change My Spouse?

Should I Stay or Should I Go?

Overcoming Anger

Obsessive Thoughts, Anniversaries & Triggers

Trusting Again

Rebuilding a Marriage

Boundaries & Codependency

Rebuilding Self-esteem

Acceptance: From Sadness to Joy

Forgiveness

Navigating Divorce

Excuse Me, Your Life is Waiting

In preparation for our March meeting, which will focus on defining what the road to healing looks like for each of us, it is recommended that you read My Husband’s Affair by Anne Bercht. She is offering it at a highly discounted price for the month of February only $14 (cheaper than Amazon), and only $10 for the audio version.

<http://beyondaffairs.com/my-husbands-affair-book/>

If you prefer other great book options for this month are:

First Aid for the Betrayed – Richard Alan (husband was betrayed)

Beyond Affairs – Peggy Vaughan

I Do Again by Cheryl Scruggs (got divorced & remarried)

Shattered Vows by Debra Laaser (betrayal with pornography)

Avoiding Greener Grass Syndrome by Nancy Anderson

Marriage Undercover by Bob & Audrey Meisner (Child from affair)

Unfaithful by Gary & Mona Shriver

If you really would like a copy and genuinely cannot afford one even at this price, you can write to the BAN office at [info@beyondaffairs.com](mailto:info@beyondaffairs.com). They are willing to give away some copies for free to people who really need them.

During our February meeting we are going to be listening to a 30 minute audio session from Anne, laying out an introduction, and some guidelines to healing to ensure we all get off to a good start. After that we’ll have an open sharing time. You won’t want to miss this time together!

Our meeting will be at location at time.

Please print the listener guide from the link below and bring it with you to the meeting. You may also want to start a binder to keep this growing BAN member book together in one place.

http://beyondaffairsnetwork.com/wp-content/uploads/2015/01/1-Introduction-to-BAN-listener-guide.pdf

It isn’t easy, and we wish we could all have all the answers right away, but as Anne & her husband Brian say, slow is actually fast when it comes to healing from affairs. One step at a time, we will support each other, and we are going to get through this.

Please RSVP to confirm if you will be attending.

Sincerely – Your name, your city BAN Coordinator