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Affair Awakening: An Evolutionary Approach to Passion, Sexual Intimacy, and Transformation

M J Rubel

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Can An Affair Ever Be Fair? What if an affair inspires the awakening of a woman? Her partner? Her husband? Her marriage? Affair Awakening is the captivating and true story of Carole, a vibrant mother and businesswoman who, after sixteen years in a passionless marriage, revolts. She sets out on a sexual and spiritual journey of self-discovery-ultimately finding the intimacy and awakened marriage she longs for. Intimacy coach MJ Rubel describes Carole's marital discontent, devotion to her husband and family, and ultimate search for intellectually and sexually alive partners with grace, pragmatism, and insight. In Rubel's words, Carole's story sheds light on the human need for connection, female empowerment, and raises questions about fidelity to one's Self and the sensitive subject of extra-marital affairs. While Rubel believes it is better to nurture intimacy with your spouse and avoid the muddled world of affairs, she also acknowledges that when an affair happens it can serve as a valuable wake-up call and result in positive transformation. She challenges: "As a society, it is time we release the snarl of condemnation and invite in some compassion and understanding. Whose place is it to judge, really?"

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