
COLLECTION

The Essentials of Applied Psychology

I Love You, but I Don't Believe You

*Infidelity recovery, jealousy, and
rebuilding or rethinking trust*



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Understanding, Overcoming, Deciding

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Crisis resources

If you are going through a crisis and suicidal ideation comes to you, please do not face it alone.

- 988 — 988 Suicide & Crisis Lifeline. Call or text, 24/7, free and confidential (US and Canada).
- 741741 — Crisis Text Line. Text HOME to 741741 to reach a trained crisis counselor.
- 116 123 — Samaritans, free, 24/7 (UK and Ireland).
- 911 — in case of immediate danger (US and Canada).

These numbers apply to the United States, Canada, the United Kingdom and Ireland. Wherever you are, findahelpline.com lists helplines country by country.

To all those weathering the storm of betrayal — and who seek, despite the pain, to understand, to grow, and to freely choose their own path.

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INTRODUCTION