# women cheat more than men

women cheat more than men is a provocative assertion that has sparked widespread discussion and research in the fields of psychology, sociology, and relationship studies. This topic explores the complex dynamics behind infidelity and challenges common stereotypes about gender and cheating behavior. Understanding whether women are more likely to engage in extramarital affairs than men involves examining statistical data, psychological motivations, cultural influences, and the evolving roles of gender in society. This article delves into various perspectives and scientific findings related to the claim that women cheat more than men, offering insights into why infidelity occurs, its consequences, and how societal norms shape these behaviors. The discussion includes analysis of recent studies, the impact of emotional versus physical cheating, and the role of technology in facilitating affairs. Following is an overview of the main sections covered in this comprehensive exploration.

- Statistical Evidence on Infidelity Rates
- Psychological Motivations Behind Cheating
- Cultural and Societal Influences
- Emotional vs. Physical Infidelity
- The Role of Technology in Extramarital Affairs
- · Consequences and Impacts of Infidelity

# Statistical Evidence on Infidelity Rates

Assessing whether women cheat more than men requires a careful examination of available data from reputable studies and surveys. Infidelity is a sensitive topic, and self-reporting biases can affect the accuracy of statistics. Nonetheless, research over the past decades offers valuable insights into gender differences in cheating behavior.

## **Recent Trends in Cheating Statistics**

Historically, studies indicated that men were more likely to engage in infidelity than women. However, recent data suggest that the gap between the genders is narrowing. Some surveys report that the incidence of women cheating is increasing, possibly due to shifting social norms and greater gender equality. For example, studies published in the 2010s and 2020s show that approximately 20-25% of women admit to cheating at some point, compared to slightly higher percentages for men. This trend challenges the traditional perception that men cheat more frequently.

## **Challenges in Measuring Infidelity**

Measuring infidelity is complicated by several factors:

- Definition variability: What constitutes cheating can differ across cultures and individuals.
- Underreporting: Due to stigma, some individuals may not disclose infidelity.
- Sampling bias: Studies often rely on self-selected participants or specific populations.

These issues mean that while data can indicate trends, they should be interpreted with caution.

# **Psychological Motivations Behind Cheating**

Understanding why women cheat more than men, or vice versa, involves exploring the psychological factors that drive infidelity. These motivations can be complex and multifaceted, often differing between genders due to biological and social influences.

#### **Emotional Needs and Relationship Satisfaction**

For many women, emotional dissatisfaction in a relationship can be a significant trigger for cheating. Research suggests that women are more likely to seek emotional intimacy and connection, and when these needs are unmet, they may pursue affairs that provide emotional support. This contrasts with men, who are often more associated with physical motivations for cheating.

#### Opportunity and Risk-Taking Behavior

Men historically engage in more risk-taking behavior, including in the realm of infidelity. However, as women gain greater independence and social freedom, opportunities for cheating have increased, potentially explaining the rise in female infidelity. Psychological theories also indicate that personality traits like impulsivity and sensation seeking influence cheating behaviors across genders.

## **Cultural and Societal Influences**

Cultural norms and societal expectations play a critical role in shaping behaviors related to cheating.

The claim that women cheat more than men cannot be fully understood without considering the impact of these external factors.

## Gender Roles and Changing Norms

Traditional gender roles have long dictated different standards of sexual behavior for men and women.

Men were often socially permitted, or even encouraged, to be more sexually promiscuous, while women faced stricter moral expectations. However, evolving gender roles and increasing gender equality have shifted these dynamics, leading to more similar behaviors and attitudes toward infidelity among men and women.

# Social Acceptance and Stigma

Societal acceptance of cheating varies globally and influences reporting rates and actual behaviors. In some cultures, female infidelity is heavily stigmatized, which may suppress disclosure and affect perceptions of cheating prevalence. Conversely, in more liberal societies, women may feel freer to engage in and admit to extramarital affairs.

# **Emotional vs. Physical Infidelity**

Distinguishing between emotional and physical infidelity is essential when discussing whether women cheat more than men. Research indicates that these two forms of cheating often serve different psychological needs and have varying prevalence rates across genders.

## **Emotional Cheating Predominance Among Women**

Studies show that women are more likely to engage in emotional infidelity, which involves forming deep emotional connections outside the primary relationship without necessarily involving physical intimacy. Emotional affairs can be as damaging as physical ones and may stem from unmet emotional needs in the primary relationship.

## Physical Cheating and Its Gender Associations

Men are traditionally associated with physical infidelity, focusing more on sexual encounters without significant emotional involvement. This distinction is important for understanding the types of cheating

more commonly attributed to each gender and how these behaviors impact relationships differently.

# The Role of Technology in Extramarital Affairs

Technology has transformed the landscape of infidelity, making it easier to initiate and maintain affairs through digital communication. This factor also influences the patterns and detection of cheating among both men and women.

#### Online Platforms and Social Media

The rise of social media, dating apps, and messaging platforms provides new avenues for secretive interactions. Women, like men, can use these technologies to connect discreetly with potential partners. Some research indicates that women may utilize texting and social media more frequently for emotional affairs, while men might pursue physical encounters facilitated online.

## Impact on Detection and Trust

Technology complicates trust in relationships, as digital footprints can reveal or conceal cheating behaviors. The ease of communication increases opportunities for infidelity, affecting both genders similarly but sometimes with distinct patterns in usage and intent.

# Consequences and Impacts of Infidelity

The outcomes of cheating can be profound and vary depending on the nature of the infidelity and the individuals involved. Understanding the consequences helps contextualize why examining gender differences in cheating behavior is important.

#### **Emotional and Relationship Effects**

Infidelity often results in significant emotional distress, including feelings of betrayal, loss of trust, and decreased relationship satisfaction. Women who cheat may experience guilt, conflict, and social repercussions, while their partners face similar emotional challenges. The aftermath of cheating can lead to relationship dissolution or, in some cases, efforts toward reconciliation and therapy.

# Social and Psychological Implications

Cheating can affect social standing, family dynamics, and individual mental health. Both men and women may suffer consequences such as anxiety, depression, and social isolation following infidelity revelations. Gender differences in coping mechanisms and social support also influence recovery trajectories.

- 1. Cheating prevalence is influenced by shifting social norms and increased opportunities.
- Women tend to engage more in emotional infidelity, while men are often associated with physical cheating.
- 3. Technological advancements have facilitated new forms of cheating for both genders.
- 4. Understanding psychological and cultural factors is essential for interpreting cheating behaviors.
- 5. The consequences of infidelity affect individuals and relationships deeply, regardless of gender.

# Frequently Asked Questions

#### Is it true that women cheat more than men?

Studies generally show that men are more likely to cheat than women, but the gap is narrowing as social norms and relationship dynamics evolve.

# What factors contribute to the perception that women cheat more than men?

Media portrayals, changing gender roles, and increased reporting by women can contribute to the perception that women cheat more than men, even if statistics do not fully support this.

## Have cheating rates between men and women changed over time?

Yes, recent research suggests that while men historically have cheated more, the rates of infidelity among women have increased, making the difference less pronounced.

## What motivations lead women to cheat compared to men?

Women often cite emotional dissatisfaction and lack of intimacy as reasons for cheating, whereas men more commonly report physical attraction and opportunity as motivations.

# How reliable are studies claiming women cheat more than men?

The reliability varies as self-reported data on infidelity can be influenced by social desirability bias, making it challenging to get completely accurate statistics.

# Does social media impact cheating behaviors among women and men differently?

Social media can increase opportunities and temptations for infidelity for both genders, but some

studies suggest women might use these platforms more for emotional connections, potentially leading to different cheating patterns.

# How do cultural and societal norms affect cheating rates among women?

In cultures with strict gender roles and stigma around female sexuality, women may cheat less openly or report it less frequently, whereas in more liberal societies, women might feel freer to act on and disclose infidelity.

#### **Additional Resources**

1. Unfaithful Hearts: Exploring Why Women Cheat More

This book delves into the psychological and social factors that contribute to infidelity among women. It examines emotional needs, societal pressures, and relationship dynamics that often lead women to seek affairs. Supported by research and real-life stories, the author provides a nuanced understanding of female infidelity.

2. Betrayal and Desire: The Female Perspective on Cheating

Focusing on the emotional landscape of women who cheat, this book uncovers the motivations behind their actions. It discusses how dissatisfaction, empowerment, and emotional connection play roles in infidelity. The narrative challenges common stereotypes by presenting women's voices and experiences.

3. When Women Stray: The Hidden Truth About Female Infidelity

This insightful work explores why women may be more prone to cheating than men, breaking down myths and societal taboos. It features interviews with women who have been unfaithful and experts who analyze underlying causes. The book also offers advice on healing and rebuilding trust.

4. Secrets Behind Closed Doors: Understanding Female Cheating

An investigative look into the secret lives of women who cheat, this book uses psychological theories

and case studies to explain their behavior. It highlights the differences in how men and women approach infidelity and what triggers women to cross the line. Readers gain a deeper empathy and comprehension of these complex issues.

#### 5. The Female Affair: Why Women Cheat More Often Than Men

This book argues that women's cheating is more frequent and multifaceted than commonly believed. It explores cultural, emotional, and biological reasons for this trend, supported by statistical data. The author also discusses the impact of female infidelity on relationships and society.

#### 6. Love, Lies, and Liberation: Women's Infidelity in Modern Times

Examining infidelity through the lens of gender equality and changing social norms, this book discusses how women's increased independence influences their likelihood to cheat. It addresses the role of emotional fulfillment and desire for autonomy. The book provides a contemporary view on why women might stray more than men.

#### 7. Behind the Mask: Female Cheating and Emotional Disconnect

This work focuses on the emotional disconnect that often precedes female infidelity. It looks at how unmet emotional needs and communication breakdowns lead women to seek intimacy outside their primary relationships. The author offers therapeutic insights to help couples prevent and overcome cheating.

#### 8. Crossing the Line: Stories of Women Who Cheat

A collection of candid personal stories from women who have cheated, this book sheds light on the complexity of their choices. It reveals common patterns and unique circumstances that prompt infidelity. The narratives help readers understand the emotional struggles and consequences faced by these women.

#### 9. The Infidelity Gender Gap: Why Women Cheat More Than Men

This analytical book presents research findings that suggest women may cheat more frequently than men, challenging popular assumptions. It explores evolutionary psychology, social environment, and relationship satisfaction as key factors. The author offers practical advice for couples to address and

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women cheat more than men: Men Cheat Accidentally While Women Cheat To Hurt You TJ Clemons, First of all I would like to say for the record that I am not promoting or condoning the act of cheating for either the male or the female species. This is an adult conversation which demands that we take an objective look at the reasons why men and women may choose to go outside of their relationships from a cause and effect perspective and overall point of view. I do realize that a person's life experiences will give them their own personal attitude towards this topic of conversation and I will totally understand their thoughts and reasoning. And I will also respect their personal thoughts, opinions, and feelings. This is an open dialogue and I want everyone's voice to be heard equally. I do know that it will become heated at times but my goal is to remain impartial and neutral. I will insert some of my own opinions and sentiments when I feel that it is necessary. So, be prepared for the unexpected and the unknown. This is going to be a very interesting roller coaster ride from various aspects and personalities. I also know that this is going to be a very interesting and thought provoking adult conversation. Now let the debate of the sexes commence with expeditious execution and implementation.

women cheat more than men: Soulmate or Heartbreak Ahmari and Deandra Childs, 2012-05-17 Written By Ahmari \$& Deandra Childs My wife and I wrote this book to help and encourage people that are in relationships, married, and single. In this book, we will be providing our testimonies about our mistakes, failures and victories in relationships. In this book we will be giving you a man and woman point of view about different topics concerning relationship and marriages. In addition, there is powerful insight and revelations about love from the word of God. We will be revealing all the devils weapons that he will try to use to destroy relationships. We will also talk about our battles, disagreements and how we overcame the devil together through the word of God. You may have failed and made some bad decisions. We wants you to know, that the only victory in failure is not getting up again. My wife and I have both failed and made mistakes in past relationships. We both have been divorced. But by fighting the good fight of faith and obedience to God's word, we survived and we won! Not only that, we are winning to the glory of God. Love is the greatest gift from God. When God does it, he does it right! When God blessed me with my wife, God blessed me best. Proverbs 10:22 (The blessings of the Loerd, it maketh rich, and he addeth no sorrow with it. We are rich in joy, peace, love, and the greatest of all, Christ Jesus. Yes, we fuss and disagree at times, but through it all, we WIN!!!

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bottom line answers. What ever you want to know, it has it! This book covers it all from the cell phones to number in his pockets, and ways to deal with it. Learn how to deal with a man and play him at his own game.

women cheat more than men: Overcoming Life S Challenges Franca Lawrence, 2016-12-22 Life is full of challenges! We all go through them, whatever your gender, race, age or social status. I should know; I've experienced a lot of them! Learn what I have discovered with each page filled with beautiful little narratives of my experiences and those of others. Stories of how life's challenges were overcome. Love and relationships, family, parenthood, health, grief, career, religion and much more. Find one that addresses your situation and discover the courage to do what it takes to deal with some of life's challenges. I promise it will make you laugh too. You will find answers and some perspective on whatever you're going through or just be simply inspired.

women cheat more than men: Death of the Cheating Man Maxwell Billieon, Ray J, 2012-02-14 A revealing look at why men cheat, through the lives of two men; one a faithful business mogul and the other a celebrity addicted to infidelity.--Jacket.

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women cheat more than men: Cheating in College Donald L. McCabe, Kenneth D. Butterfield, Linda K. Treviño, 2012-09-11 Today's students are tomorrow's leaders, and the college years are a critical period for their development of ethical standards. Cheating in College explores how and why students cheat and what policies, practices, and participation may be useful in promoting academic integrity and reducing cheating. The authors investigate trends over time, including internet-based cheating. They consider personal and situational explanations, such as the culture of groups in which dishonesty is more common (such as business majors) and social settings that support cheating (such as fraternities and sororities). Faculty and administrators are increasing their efforts to promote academic honesty among students. Orientation and training sessions, information on college and university websites, student handbooks that describe codes of conduct, honor codes, and course syllabi all define cheating and establish the consequences. Based on the authors' multiyear, multisite surveys, Cheating in College quantifies and analyzes student cheating to demonstrate why academic integrity is important and to describe the cultural efforts that are effective in restoring it. -- Gary Pavela, Syracuse University

women cheat more than men: A Woman's Guide to Internet Dating, A Male Perspective Tim Collins, 2010-08-15 This book is geared to those women who are relatively new to the concept of online dating. However, women who are familiar and have a basic understanding of online dating and various Internet dating websites should also use this book. Men should read this book to get another manâ $\mathfrak{E}^{\mathsf{TM}}$ s perspective in reference to the many experiences I have encountered over the years with Internet dating sites. A Womanâ $\mathfrak{E}^{\mathsf{TM}}$ s Guide to Internet Dating is written for the woman who wants to do what it takes to have a successful experience searching for that special someone on the Internet. Why this Book? Itâ $\mathfrak{E}^{\mathsf{TM}}$ s a how-to handbook, step-by-step, easy-to-read directions for a common sense approach. If you have some experience with Internet dating, go to your favorite website and check out your own profile while reading this book.

women cheat more than men: How to Analyze People Dark Psychology Jason Gale, 2021-04-02 How to spot a cheater! In America statistics from the Marriage and Divorce Journal report up to 70% spouses have some sort of extramarital affairs during the lifetime of their marriage. The implications of this are serious and more astonishing than anyone could ever have imagined! With the advent of social media, dating app and meet up groups, cheating has become easier and enabled on a much larger scale. One could only imagine the depraved things done behind closed doors. Marriage is supposed to be a sacred thing. A promise between two individuals who unite together and become

one flesh. Honour, trust, and love are all shattered when one partner decides to break their oath to stay faithful. How did our society become a state of moral depravity? -Where once virtue, honour and integrity were upheld. But now infidelity, lawlessness and disorder runs rampant in society and has become the norm. In this book I'll show you how to spot a cheater. The tell tale-signs you need to look out for in a partner to know if they're being faithful or not. I go into in-depth detail and reveal insights that will give you the knowledge you need to stay protected, and save yourself from a world of heartbreak. What You'll Learn Infidelity in men and women Dark psychology Upbringing, factors and influences Role of religion Tell-tale signs of deception Are there any good people left in this world? Controversial themes And, much, much more! Before diving into any relationship its good to have a well-rounded perspective from a critical lens and psychological view-point of how human behavior has evolved over time and the way we currently interact with one another. Learn how you can protect yourself from unscrupulous individuals and how to spot deception. The greatest investment you can make is an investment in yourself! Enlighten yourself with the truth and set yourself free from the deception that awaits you in the this morally depraved world. Buy Now!

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most satisfaction from your relationship, or are single and looking for the right person, then you must read this book for the answer to Why Men Want Sex and Women Need Love.

women cheat more than men: Man Out Andrew L. Yarrow, 2018-09-11 The story of men who are hurting-and hurting America by their absence Man Out describes the millions of men on the sidelines of life in the United States. Many of them have been pushed out of the mainstream because of an economy and society where the odds are stacked against them; others have chosen to be on the outskirts of twenty-first-century America. These men are disconnected from work, personal relationships, family and children, and civic and community life. They may be angry at government, employers, women, and the system in general-and millions of them have done time in prison and have cast aside many social norms. Sadly, too many of these men are unsure what it means to be a man in contemporary society. Wives or partners reject them; children are estranged from them; and family, friends, and neighbors are embarrassed by them. Many have disappeared into a netherworld of drugs, alcohol, poor health, loneliness, misogyny, economic insecurity, online gaming, pornography, other off-the-grid corners of the internet, and a fantasy world of starting their own business or even writing the Great American novel. Most of the men described in this book are poorly educated, with low incomes and often with very few prospects for rewarding employment. They are also disproportionately found among millennials, those over 50, and African American men. Increasingly, however, these lost men are discovered even in tony suburbs and throughout the nation. It is a myth that men on the outer corners of society are only lower-middle-class white men dislocated by technology and globalization. Unlike those who primarily blame an unjust economy, government policies, or a culture sanctioning laziness, Man Out explores the complex interplay between economics and culture. It rejects the politically charged dichotomy of seeing such men as either victims or culprits. These men are hurting, and in turn they are hurting families and hurting America. It is essential to address their problems. Man Out draws on a wide range of data and existing research as well as interviews with several hundred men, women, and a wide variety of economists and other social scientists, social service providers and physicians, and with employers, through a national online survey and in-depth fieldwork in several communities.

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women cheat more than men: How to not only COMBAT and WIN AGAINST - but PROFIT (big time) from the Nazi Feminist DISEASE plaguing modern day society. Rahul Mookerjee, 2021-07-18 Here is what you will learn in this course (the ACTIONABLE TIPS, each one worth what I'm charging for the course, and THEN SOME!) - Always remember the difference between REAL feminism and Nazi feminism - and REPEAT it until the cows come home. Never give up your financial freedom, or tell them "how you make your money" or "how much you have in the bank" Why ignoring her is the

GOLDEN GOOSE - guite literally! Why you should remember that with Nazi feminists, and women in general, it's all TAKE and very little GIVE. There's no "past credit" with Nazi feminists. Use that AGAINST them. Understand that a Nazi feminist always makes sure SHE has money, while ridding you, the man of YOURS. Understand that you'll always "be a failure" with Nazi feminists and use that thinking AGAINST THEM. Understand that they will never change. Understand that, NO, yours "aint necessarily different". Never work jobs that are not of your choosing, no matter what the guilt trip is. Why engaging directly with Nazi feminists is a losing battle, and how to profit from just that. Why you SHOULD engage directly with the cucked men that enable all this. THE SIX TENETS OF NAZI FEMINISM! - Tenet #1: Recognize the the overriding tenet of Nazi feminism for what it is "my way or the highway", and USE it against them. Tenet #2 - Blame and Shame Tenet #3 - Guilt Trips Tenet #4 - Conveniently forgetting "facts" when the time is right for THEM. Tenet #5 -Hating each other, even "sisters in Nazi Feminism" and women in general. Tenet #6 - CONTROL!!! (and how to use it against them) The "natural laws of Nature" don't change no matter what. Why you should never tire of telling cucked men that enable this disease for what it is - like it IS. Why you should RECOGNIZE the fact that anything women can do - men can do better, and HAVE - but the reverse is NOT necessarily true. Why you should NOT have a child unless YOU absolutely want to (despite all the guilt trips and shennanigans to the contrary). What you should tell Nazi feminist mothers that claim their sons aren't good enough to be parents when they themselves fit that particular bill. What you should tell Bozos that tell you to go to counseling for "not pandering to Nazi feminist views". What Bozo Schofield can teach YOU about dealing with cucked males with fantasies they're too scared to admit. PROFIT DIRECTLY from Nazi Feminism! Lose the battle, but ALWAYS win the war Why shortsightedness is ultimately the bane of Nazi feminism and how to use this to YOUR advantage as a MAN. Why the truism of "give an inch, and they'll take a mile" is true x1000 for Nazi feminists. Why all real men SHOULD Train (physically) regularly Why all real men should train their MINDS as hard as their bodies, if not harder! Subconsciously influence Nazi feminists in ways they would NEVER IMAGINE - for your OWN benefit. Why Chinese women from the mainland are to be absolutely avoided if you're NOT into Nazi feminism. Why you should never do the right thing for Nazi feminists Why you should NEVER worry about "tags" that Nazi feminists (and people in general) give you - and PROFIT from it. In fact you should "embrace and welcome said tags!" Why you should always "hold money over a Nazi feminist's head" Remember the "monkey branching" tenet of Nazi feminists and why it's such a POWERFUL tool to use as a MAN for your OWN benefit. Why you SHOULD defend yourself against a Nazi feminist using her gender as an excuse to physically or otherwise attack you. Why Donald Trump is a REAL MAN, and what the cucked male can learn (for free) from Donald Trump in that regard. "Tell the world what you're going to do, but SHOW it first" Why "cheating" isn't the holy grail of "assholeism" it's made out to be, and why you should consider the "if the shoe was on the other foot question" (and more). Why she will ALWAYS make sure you, the MAN, is a cucked version of your real self (hint - so other women don't find you attractive!) More on why men "cheat" And if you thought women didn't cheat? Think - again. Think very carefully and several times, my friend ... Using the power of SEXUAL transmutation to counter and DEFEAT (with a single unthrown BLOW) Nazi feminists. Witholding sex from Nazi feminist women until they go blue in the face. Getting Nazi feminists to break their OWN rules - oddly enough, by pestering them to follow - none other than - THEIR OWN RULES. If there ever was an example of how STUPID! these people are - this is it! All of this YOURS, my friend, for the piddly little price of \$149.99. Think it's too much? I dont know about you, but I would gladly pay \$1499 or more to learn how to reclaim my manhood, my friend. Cucks and pussies out there - they'll probably whine about the price. But if you want to be a real man, you and I both know this book is SPECIAL and this book will tell you what NO-ONE has told you before - and this book is from one that has LIVED IT and DONE THE THING - and that THIS is the ONLY BOOK of it's kind out there - and that THIS book, my friend, will turn YOU into the real man you CRAVE to be internally. Most men live lives of guiet desperation. So said the great Thoreau. Most men lead lives of guiet desperation. Thing is , Bro. YOU DONT HAVE TO! So said the great Rahul Mookerjee, and indeed the PIONEER in many

regards. From being touted as someone that could achieve independence for a certain region of a country where no-one else could, to the bodyweight exercise guru bar none, to the Stella Artois of Fitness, to being roundly trolled and beating the trolls at their own game and minting \$\$\$\$\$ From it (though not as much as I've minted from the Nazi feminists) ... ... Your truly, my friend, brings you a once in a lifetime opportunity, at the price it's at now. It's going to go UP shortly. Take it or not – the choice is YOURS. Either take it, or be a cuck for the rest of your life (if I were to make things simple for YOU). Well my friend, I've said my bit. Now, it's up to ... YOU. TAKE THE LEAP – NOW! YES, you CAN – and you SHOULD!

women cheat more than men: Cheat On Your Husband (with Your Husband) Andrea Syrtash, 2011-09-13 There's an old joke that after years of marriage a man complains, She changed! and a woman complains He didn't! Just as change is a part of life, it's also a part of marriage—a healthy and normal part of it. But just because things have changed doesn't mean you shouldn't recognize yourself or your relationship with your husband. Too many women wake up in their marriages and ask themselves, Is this it? After years of sharing domestic duties, raising kids, and balancing careers, many of us can't help but wonder if we're living the lives we intended to have. Whether you have been married for two decades or two months, dating and relationship expert Andrea Syrtash shows how to create a more exciting and more fulfilling relationship with your spouse—and more important, with yourself. After all, you can't expect to find passion in your relationship if you are not passionate about your own life! With simple steps and fun exercises, Cheat On Your Husband (with Your Husband) provides the tools to help you combat boredom in your marriage and renew an easy, intimate connection with your spouse. Using real-life examples of couples who have benefited from her techniques, Syrtash debunks common marriage myths and shows how fun and fulfilling marriage can be.

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