

Letters To A Sex Addict The Journey Through Grief And Betrayal

Painkiller review - Matthew Broderick's character is just evil - The Guardian

Now the trans erasure police are coming after theater kids - Los Angeles Blade

The week in TV: Happy Valley; Stonehouse; The Rig; Ukraine: The People's Fight - The Guardian

Sexual addiction, desire and dopamine hits - The Guardian

Sinead O'Connor: the angelic skinhead for whom love, intelligence and madness were inseparable - The Guardian

The Best Books of 2022 - The New Yorker

Married to Someone with Sex Addiction: Is Divorce the Only Option? - GoodTherapy.org

Christine and the Queens: Paranoia, Angels, True Love review - a grief-stricken masterpiece - The Guardian

Brainiac on life after Tim Taylor: 'He used to walk offstage with bruises in the shape of his effects pedals' - The Guardian

Three Tips for People Who Feel Betrayed by a Partner's Sex Addiction - GoodTherapy.org

A History of LGBTQ+ Cops in Film and TV - Knock LA

Peter Hook: 'I never get sick of hearing World in Motion' - The Guardian

Advice From Happy 40+ People For Twentysomethings - BuzzFeed

What To Do When You Catch Your Husband Watching Pornography ... - YourTango

Letters to a Sex Addict - Wendy Conquest
2013-09-10

Sudden changes in routine, bizarre and inexplicable shifts in behavior, in the bedroom and out. Emotional distance and excuses for lack of connection. These are all telltale signs that something is very, very wrong. For a sex addict's spouse or partner, these changes and fluctuations are upsetting and crazy making, leading to thoughts that they have done something wrong, aren't good enough or that there is some other reason for the inconsistent, bewildering behavior. For many, sex or porn addiction is farthest from their minds or too scary to consider. Inspired by a career of working with sex addicts and their partners/spouses, Wendy Conquest's collection of letters fuses fiction and nonfiction to astounding results. Diving deeply into the

psyches of those whose lives are shattered by betrayal and the resultant feelings of hurt, rage, resentment and despair, this book directly mirrors a partner's experiences from multiple perspectives. Each letter explores a different facet of the relationship dynamic, the addict's illness, and the partner's thoughts and feelings throughout all the stages of this devastating experience. This powerful book is for men and women experiencing the trauma of infidelity caused by their partner's sexual addiction and the fallout that occurs. This informative book was written for anyone needing to understand what is happening to them, that they are not alone, that there is help and that there is recovery. In addition, this book is for addicts to better understand what is happening for their partner, why healing is taking so long and what they can do to help their spouse. Therapists,

ministers, counselors, pastors and doctors will be better able to relate to people whose partners are unfaithful. This book is a must read for anyone doing couples work when pornography use or affairs are present to assess how much damage has occurred for the spouse and the relationship. These insightful, gut-wrenching, yet hopeful letters create a well-rounded picture that delivers clarity, understanding and a path of healing. Letters to a Sex Addict: The Journey Through Grief and Betrayal will help those affected to regain sanity and clarity and peace of mind.

A Light in the Dark - Kenneth M. Adams
2023-02-07

A groundbreaking book detailing the unique issues experienced by adult children who grew up with a sexually addicted parent, and offering a path to unburden their shameful legacy and embrace sexuality and intimacy without the intrusion or constraints from the past. Adult children who grew up with a parent who had a

sexual addiction are left confused, ashamed, and mistrustful regarding the feelings and boundaries surrounding sex, love, and intimacy. Due to the inappropriate sexual behavior of one parent, and the subsequent impact of betrayal on the other parent, these adults carry sexual secrets, have divided loyalties, and are often caught in the middle of their parents' struggles. Having witnessed (or known of) affairs, walked in on a parent masturbating or viewing pornography, received extreme or shameful messages regarding sexuality or gender, experienced sexualized remarks about their bodies, been neglected as a result of the addiction, or were modeled extreme moral values (either too permissive or shaming), these adult children of sex addicts (ACSAs) struggle with their sexuality and longings for love. ACSAs have not had their stories told in any significant way in the recovery literature. Intergenerational trauma is transmitted through the legacy of carried sexual shame—the burden of which is

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not theirs. Their shame and struggle has often been wedged under various umbrellas of identification: adult children of alcoholics, love avoidant, codependent, sex addict, love addict, and others. A Light in the Dark offers hope for unburdening ACSAs by sharing the experiences of others, as well as examining the characteristics, roles and recovery that point toward the freedom and joy they rightfully deserve.

Ambiguous Loss - Pauline BOSS 2009-06-30
When a loved one dies we mourn our loss. We take comfort in the rituals that mark the passing, and we turn to those around us for support. But what happens when there is no closure, when a family member or a friend who may be still alive is lost to us nonetheless? How, for example, does the mother whose soldier son is missing in action, or the family of an Alzheimer's patient who is suffering from severe dementia, deal with the uncertainty surrounding this kind of loss? In this sensitive and lucid

account, Pauline Boss explains that, all too often, those confronted with such ambiguous loss fluctuate between hope and hopelessness. Suffered too long, these emotions can deaden feeling and make it impossible for people to move on with their lives. Yet the central message of this book is that they can move on. Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. Her work features the heartening narratives of those who cope with ambiguous loss and manage to leave their sadness behind, including those who have lost family members to divorce, immigration, adoption, chronic mental illness, and brain injury. With its message of hope, this eloquent book offers guidance and understanding to those struggling to regain their lives. Table of Contents: 1. Frozen Grief 2. Leaving without Goodbye 3. Goodbye without Leaving 4. Mixed Emotions 5. Ups and Downs 6. The Family Gamble 7. The Turning Point 8.

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Making Sense out of Ambiguity 9. The Benefit of a Doubt Notes Acknowledgments Reviews of this book: You will find yourself thinking about the issues discussed in this book long after you put it down and perhaps wishing you had extra copies for friends and family members who might benefit from knowing that their sorrows are not unique...This book's value lies in its giving a name to a force many of us will confront--sadly, more than once--and providing personal stories based on 20 years of interviews and research. --Pamela Gerhardt, Washington Post Reviews of this book: A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses ... Boss's approach is to encourage families to talk together, to reach a consensus about how to mourn that which has been lost and how to celebrate that which remains. Her simple stories of families doing just that contain lessons for all. Insightful, practical, and refreshingly free of psychobabble. --Kirkus

Review Reviews of this book: Engagingly written and richly rewarding, this title presents what Boss has learned from many years of treating individuals and families suffering from uncertain or incomplete loss...The obvious depth of the author's understanding of sufferers of ambiguous loss and the facility with which she communicates that understanding make this a book to be recommended. --R. R. Cornellius, Choice Reviews of this book: Written for a wide readership, the concepts of ambiguous loss take immediate form through the many provocative examples and stories Boss includes, All readers will find stories with which they will relate...Sensitive, grounded and practical, this book should, in my estimation, be required reading for family practitioners. --Ted Bowman, Family Forum Reviews of this book: Dr. Boss describes [the] all-too-common phenomenon [of unresolved grief] as resulting from either of two circumstances: when the lost person is still physically present but emotionally absent or

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when the lost person is physically absent but still emotionally present. In addition to senility, physical presence but psychological absence may result, for example, when a person is suffering from a serious mental disorder like schizophrenia or depression or debilitating neurological damage from an accident or severe stroke, when a person abuses drugs or alcohol, when a child is autistic or when a spouse is a workaholic who is not really 'there' even when he or she is at home...Cases of physical absence with continuing psychological presence typically occur when a soldier is missing in action, when a child disappears and is not found, when a former lover or spouse is still very much missed, when a child 'loses' a parent to divorce or when people are separated from their loved ones by immigration...Professionals familiar with Dr. Boss's work emphasised that people suffering from ambiguous loss were not mentally ill, but were just stuck and needed help getting past the barrier or unresolved grief so that they could get

on with their lives. --Asian Age Combining her talents as a compassionate family therapist and a creative researcher, Pauline Boss eloquently shows the many and complex ways that people can cope with the inevitable losses in contemporary family life. A wise book, and certain to become a classic. --Constance R. Ahrons, author of *The Good Divorce* A powerful and healing book. Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity. --Kathy Weingarten, Ph.D, The Family Institute of Cambridge, Harvard Medical School
Shattered Vows - Debra Laaser 2009-05-26
For any woman dealing with the fallout of infidelity, this sensitive and practical guide offers proven tools to help you make wise and empowering decisions as you deal with your husband's sexual betrayal. If you have been devastated by your husband's sexual betrayal--

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whether an isolated incident or a long-term pattern of addiction--you don't have to live as a victim. If you choose to stay in your marriage, you have options other than punishing, tolerating, or ignoring your spouse; in fact, extraordinary growth awaits a woman willing to deal with the pain of her husband's struggles with sexual purity. Even if your spouse will not participate in a program for healing, you can change your own life in powerful and permanent ways. *Shattered Vows* is inspired by Debra Laaser's own journey through betrayal, her extensive work with hundreds of hurting women as a licensed marriage and family therapist, and her healed marriage after her husband's infidelity. In this book, she gives you the emotional tools to develop greater intimacy in your life, spiritual tools to transform your suffering, and meaningful answers to the questions that arise amid the complex fallout of broken vows: What am I supposed to do now? Why should I get help when this is his problem?

How could this have happened? Where can I hide my heart? When will I stop feeling so out of control? What do you mean, "do I want to get well?" How can I ever trust him again? Is forgiving him really possible? How can we rebuild our relationship? The pain endured from sexual betrayal can break your heart, but it does not need to break your life.

Hope After Betrayal - Meg Wilson 2018-07-31
Meg is a lantern guiding women through the twists and turns along this pain-filled path. -- Lynn Marie Cherry, speaker and author of *Keep Walking: 40 Days to Hope and Freedom After Betrayal*
Meg Wilson watched her world fall apart when her husband confessed to years of sexual addiction. She has intimate knowledge of the devastation that follows--and she has come through the other side. In her groundbreaking *Hope After Betrayal*, Meg provides reassuring counsel, compassionate insight, and wise direction. By sharing her story, talking to other women who've been in a similar situation, and

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turning to Scripture, Wilson has helped countless readers through the steps to recovery-- and shows how you can follow that same path out of the darkness. This newly revised and expanded edition includes new lessons Meg has learned over the last decade. A compelling final chapter by Meg's husband sheds further light on the difficult road to healing from sexual addiction, and a thoughtful new appendix addresses the effect sexual addiction has on children in the home. Hope After Betrayal is a strong and sure lifeline that thousands of women will reach for in a drowning moment. Meg offers careful, clear direction and encouragement in each chapter while unveiling the truth about sexual addiction...This valuable tool should be required reading for every wife and every mother of sons." --Robin Jones Gunn, best-selling author of the Sisterchicks Series

The Sense of an Ending - Julian Barnes

2011-08-04

'A masterpiece... I would urge you to read - and

re-read ' Daily Telegraph **Winner of the Man Booker Prize for Fiction 2011** Tony Webster and his clique first met Adrian Finn at school. Sex-hungry and book-hungry, they would navigate the girl-less sixth form together, trading in affectations, in-jokes, rumour and wit. Maybe Adrian was a little more serious than the others, certainly more intelligent, but they all swore to stay friends for life. Now Tony is retired. He's had a career and a single marriage, a calm divorce. He's certainly never tried to hurt anybody. Memory, though, is imperfect. It can always throw up surprises, as a lawyer's letter is about to prove. Now a major film

[Erotic Intelligence](#) - Alexandra Katehakis

2010-05-03

ENJOYABLE, EXCITING SEX IS POSSIBLE

AFTER SEX ADDICTION In the journey to sexual sobriety, many sex addicts find themselves wondering, 'How am I going to have a normal relationship?' or 'Will it be possible to repair my marriage now that I've confessed my destructive

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behavior?' and 'Will I ever have great sex again?' As a sex, marriage, and family therapist, Alexandra Katehakis introduces a successful program for sufferers and their loved ones that will help them hone their erotic intelligence by making sense of the past, creating healthy habits in the present, and looking toward a more intimate relationship that nurtures honesty and closeness. With Katehakis's help, sex addicts can get in touch with their healthy sexual side—and embrace true intimacy and acceptance in themselves and in their mates. - Features true stories of people coming to terms with their sexuality on the other side of sex addiction, as well as couples finding a new path to sexual trust and fulfillment - Helps to build the four cornerstones of intimacy that are essential for healthy relationships

Help Her Heal - Carol Juergensen Sheets
2019-04-05

A workbook for sex addicts in recovery, or for those looking into beginning recovery from sex

addiction.

Saving Your Marriage Before It Starts - Les Parrott 2015-10-27

OVER ONE MILLION COPIES SOLD! With this updated edition of their award-winning book, Drs. Les and Leslie Parrott help you launch lifelong love like never before. This is more than a book--it's an experience, especially when you use the his/her workbooks filled with more than 40 fun exercises. Get ready for deeper intimacy with the best friend you'll ever have. Saving Your Marriage Before It Starts, which has been translated into more than 15 languages, is the most widely used marriage prep tool in the world. Why? Because it will help you . . .
Uncover the misbeliefs of marriage Learn to communicate with instant understanding
Discover the secret to resolving conflict Master the skills of money management Get your sex life off to a great start A compelling video, featuring real-life couples, is available, and with this updated edition, Les and Leslie unveil the game-

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changing SYMBIS Assessment. Now you can discover how to leverage your personalities for a love that lasts a lifetime. Make your marriage everything it is meant to be. Save your marriage-before (and after) it starts.

Truth and Betrayal - K. C. Wells 2018-08-02
All the light went out of Jake's life when his older brother Caleb died in a traffic accident. Getting through the aftermath was always going to be the hardest thing he'd ever done, but finding out that the tall stranger at the graveside was the one driving the car? At least Jake now has a target for all the rage inside him. Because the man responsible for stealing Caleb's light from the world has no right to intrude on their grief. Liam had known deep down that it was a mistake to go to Tennessee, but he'd hoped saying goodbye to Caleb would ease the pain inside him. The hostile reception from Caleb's family and friends comes as no surprise, and Liam flees before things get ugly. They obviously know nothing of Caleb's life in Atlanta, and

maybe it's better that way. Caleb's secrets can die with him. When Jake turns up at Caleb's apartment to collect his brother's possessions, what he discovers is the first shock in what is to be a series of revelations, turning Jake's world upside down. New knowledge brings fresh pain and anguish. Jake isn't the only one who's hurting...

A House Interrupted - Maurita Corcoron
2012-07-10

A can't-put-it-down read about a wife's devastating discovery that her physician husband is a sex addict Maurita Corcoran's world collapsed when she learned that her husband of fourteen years, a successful physician, was a sex addict. She had never even heard of a "sex addict," but she was suddenly submerged in a world of painful choices about how to rebuild a life for herself and her four children. This is an absorbing memoir about forgiveness, resilience, and hope. With the growing public awareness of how pervasive sex

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addiction has become in our culture, this memoir answers the questions that spouses must face in building lives of self-respect and confidence. Filled with actual raw journal entries, this first-hand account will help any spouse or partner who needs to know more about this devastating addictive disease. This engaging memoir proves that women can emerge from the betrayal, anger, and heartache to become authentically peaceful and resilient sources of support to other women. Maurita Corcoran and her husband have been in recovery for more than a dozen years. They have raised four children, and they remain happily married.

NOT "Just Friends" - Shirley Glass 2007-11-01
One of the world's leading experts on infidelity provides a step-by-step guide through the process of infidelity—from suspicion and revelation to healing, and provides profound, practical guidance to prevent infidelity and, if it happens, recover and heal from it. You're right to be cautious when you hear these words: "I'm

telling you, we're just friends." Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for "friendships" that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.

[Making This Better](#) - Rosie Joseph 2019-09-13
A must read book for all those who find themselves broken hearted and lost after infidelity has entered their lives; and for those who want to understand the impact of infidelity and how you can recover from a first-hand source. When Rosie and her husband tried to reconcile the only way for Rosie to keep her sanity was to write a journal. In this book she shares with you the journal entries that she wrote over ten years ago with her reflections now, based on what she has learnt from the

experience. If you are in the place that Rosie found herself then this book may reflect your own thoughts and feelings, whilst helping you to understand how you can overcome them and find yourself again, whatever decision you make. This is a book that shows both the despair and hope that people feel when trying to recover and repair after an affair.

Sex Addiction: The Partner's Perspective - Paula Hall 2015-08-20

Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. Sex Addiction: The Partner's Perspective has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, Understanding and Treating Sex

Addiction, it includes case examples and survey results revealing the reality of life for partners of sex addicts. Sex Addiction: The Partner's Perspective is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives - whether alone, or

in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

Intimate Deception - Dr. Sheri Keffer

2018-03-20

Nothing destroys trust like sexual betrayal. Beyond broken vows, a woman who discovers that the man she loves has been viewing pornography or having an affair must deal with devastating blows to her self-image and self-worth. She must grapple with the fact that the man she thought she knew has lied and deceived her. She may even bear the brunt of shame and judgment when the people around her find out. Drawing from her experience both as a marriage and family therapist and a woman who personally experienced the devastation of sexual betrayal, Dr. Sheri Keffer walks women

impacted by betrayal through the pain and toward recovery. She explains how the trauma of betrayal affects our minds, bodies, spirits, and sexuality. She offers practical tools for dealing with emotional triggers and helps women understand the realities of sexual addiction. And she shows women how to practice self-care, develop healthy boundaries, protect themselves from abuse or manipulation, and find freedom from the burden of shame and guilt.

Love What Matters - LoveWhatMatters

2017-05-02

In the bestselling tradition of *The Five People You Meet in Heaven* and *Humans of New York* comes a collection of authentic, emotional, and inspiring stories about life's most important moments, as curated by the editors at Love What Matters. "90% of the reads bring me to tears. I just can't believe the love this world truly has when all we see is hate. This is so uplifting." —Shelsea Where do you go when you want to feel inspired? When you want to forget about the

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divisiveness and the anger? For over five million people, that place is Love What Matters, a digital platform dedicated to finding and sharing the daily moments of kindness, compassion, and love that so often go overlooked. This curated collection of powerful stories features first person accounts and photographs that perfectly capture each moment: A husband learning he's about to be a dad. A new mom embracing her body. A cashier inadvertently teaching a young girl a lesson about patience. A bagel from a stranger that saved a homeless man's life. From long overdue adoptions to military heroes returning home; from a fireman's touching 9/11 tribute to what an old dinner plate found at a bake sale can teach us all about life—these are the moments that matter. They are genuine. Authentic. Raw. And they are perfect in their imperfection—just like all of us. You will no doubt experience goosebumps and tears, but this mosaic of life's moments will leave you with something even more profound: a reminder that,

in the end, love always wins. "This really is the best page on Facebook. It renews your love of humanity. There are still good people. We need more reports of acts of kindness." —Johnny [Going Deeper: Understanding How the Inner Child Impacts Your Sexual Addiction: The Road to Recovery Goes Through Your Childhood](#) - Eddie Capparucci 2020-02-13

The road to freedom from your sexual or pornography addiction goes through your childhood. Learn how comforting your inner child can help manage your sexual addiction. **Your Sexually Addicted Spouse** - Barbara Steffens 2021-06-07

Sexual addiction and compulsive sexual behavior often steal a person's ability to achieve emotional or sexual intimacy. Both addicts and their partners may suffer in isolation, ashamed and afraid, not knowing where to turn for help. Your Sexually Addicted Spouse shatters that stigma and shame and provides understanding and empathy for the addict and his or her

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spouse. Barbara Steffens' groundbreaking research was the first to show that partners are not codependents but post-traumatic stress victims, while Marsha Means' personal experience provides insights, strategies, and critical steps to recognize, deal with, and heal partners of sexually addicted relationships. Firsthand accounts and stories reveal the impact of this addiction on survivors' lives. Chapters end with "On a Personal Note" questions and propose new paths that lead from trauma to empowerment, health, and hope. Useful appendices list health and mental health care providers and clergy. Barbara Steffens, PhD, LPCC, CCPS, CPC specializes in helping women recover from sexual betrayal and is a sought-after speaker and presenter on special issues related to partners of sexual addicts. She was the founding President of the Association for Partners of Sex Addicts Trauma Specialists, an organization that provides training and certification of Clinical Partner Specialists and

Partner Trauma Coaches. She has counseled and coached betrayed spouses/partners for over twenty years and her research on trauma after betrayal has changed the field. Barbara also consults with other professionals and provides training for those who want to help partners heal. Marsha Means, MA, founder and director of A Circle of Joy Ministries, is trained as a Marriage and Family Therapist, and writes and speaks on the topic of betrayal trauma and sex addiction. Her work is based on both her personal and professional experience. She has written several books on the topic. Marsha and her team of coaches offer individual and group support for partners of sex addicts. In addition, Marsha facilitates couple's groups to help them learn to heal the damage done by betrayal trauma.

Letters from a Sex Addict - Wendy Conquest
2017-04-19

This book is a collection of letters that reveal the raw and intimate details of the life of a sex

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addict. It depicts a journey that starts at a turning point: Getting caught! Moving from pure denial through the recovery process to acceptance and beyond. A must-read for anyone cheating or being cheated on.

The Things We Leave Unfinished - Rebecca Yarros 2021-02-23

Told in alternating timelines, *THE THINGS WE LEAVE UNFINISHED* examines the risks we take for love, the scars too deep to heal, and the endings we can't bring ourselves to see coming. Twenty-eight-year-old Georgia Stanton has to start over after she gave up almost everything in a brutal divorce—the New York house, the friends, and her pride. Now back home at her late great-grandmother's estate in Colorado, she finds herself face-to-face with Noah Harrison, the bestselling author of a million books where the cover is always people nearly kissing. He's just as arrogant in person as in interviews, and she'll be damned if the good-looking writer of love stories thinks he's the one to finish her

grandmother's final novel...even if the publisher swears he's the perfect fit. Noah is at the pinnacle of his career. With book and movie deals galore, there isn't much the "golden boy" of modern fiction hasn't accomplished. But he can't walk away from what might be the best book of the century—the one his idol, Scarlett Stanton, left unfinished. Coming up with a fitting ending for the legendary author is one thing, but dealing with her beautiful, stubborn, cynical great-granddaughter, Georgia, is quite another. But as they read Scarlett's words in both the manuscript and her box of letters, they start to realize why Scarlett never finished the book—it's based on her real-life romance with a World War II pilot, and the ending isn't a happy one. Georgia knows all too well that love never works out, and while the chemistry and connection between her and Noah is undeniable, she's as determined as ever to learn from her great-grandmother's mistakes—even if it means destroying Noah's career.

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