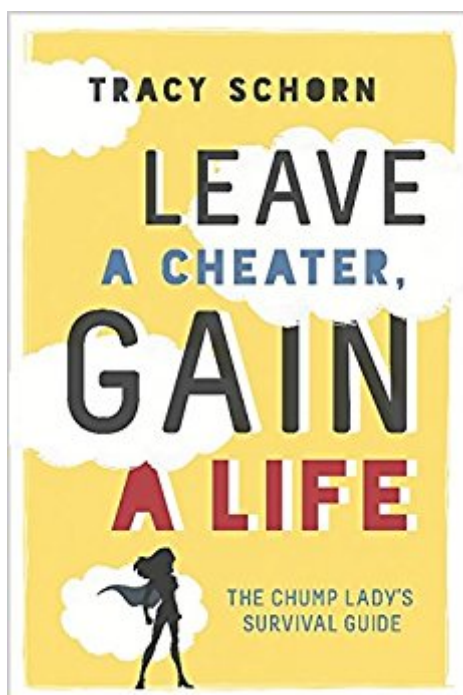


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# Leave A Cheater, Gain A Life: The Chump Lady's Survival Guide



## Synopsis

Leave a Cheater, Gain a Life is a no-nonsense self-help guide for anyone who has ever been cheated on. Here's advice not based on saving your relationship after infidelity; but saving your sanity. When it comes to cheating, a lot of the attention is focused on cheaters; their unmet needs or their challenges with monogamy. But Tracy Schorn (aka Chump Lady) lampoons such blameshifting and puts the focus squarely on the-cheated-upon (chumps) and their needs. Combining solid advice that champions self-respect, along with hilarious cartoons satirizing the pomposity of cheaters, Leave a Cheater, Gain a Life offers a fresh voice for chumps who want (and need) a new message about infidelity. This book will offer advice on Stupid sh\*t cheaters say and how to respond, Rookie mistakes of the recently chumped and how to disarm your fears, Why chumps take the blame and how to protect yourself, and more. Full of snark, sass, and real wisdom about how to bounce back after the gut blow of betrayal, Schorn is the friend who guides you through this nightmare and gives you hope for a better life ahead.

## Book Information

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## Customer Reviews

Tracy Schorn is a journalist who runs the successful infidelity blog Chump Lady (ChumpLady.com), and whose snarky wisdom and cartoons have helped thousands of chumps leave cheaters. Tracy is a regular contributor to Huffington Post Divorce, was recognized by Babble as one of the Top 10 Relationship Bloggers of 2013, and is a relationship blogger for the BlogHer network. She lives in Lockhart, Texas with her husband, also a former chump.

This is a must read book for anyone who has discovered a partner has been unfaithful or for anyone who wants to support an infidelity survivor! In this book and on her blog, Tracy gives language to the infidelity experience--i.e. the "chump" experience--to help those of us who have undergone this sucker-punch from Hell. The vulgarities used at times might not be everyone's preference; however, there's no denying this is one "street smart" guide for those needing a good friend to guide them through the infidelity mess.

I have been reading [chumplady.com](http://chumplady.com) for awhile now, and it rocks! Tracy is the chumplady; witty, sarcastic, empathetic, potty mouthed and most of all; spot on. I would recommend this book to everyone who has/is been chumped, here you get the real answers, that help you to gain a life and laugh, and cry -with other chumps- whilst doing it. I actually asked my daughter, she is in her early 20's, to read [chumplady.com](http://chumplady.com) (hasn't been chumped to my knowledge) to learn how to identify red flags, what kind of consequences cheating can have, how to recognize "love bombing", how to set your boundaries, what is gaslighting and so on and so on. Of course I have had these discussions with my daughter myself as well, but Tracy says it better, and funnier. So keep this book, and the previous one, as you "bibles", read them, and log on [chump lady.com](http://chump lady.com) to discuss with fellowchumps. You don't regret it and you get help to gain cheater free authentic life. Yours "There ain't such thing as a unicorn "

I wish Tracy Schorn's Chump Lady site or her book had existed when I discovered my x was cheating. Maybe I could have gotten out after 3 years of marriage rather than 11. He cheated the entire time. I might even have been able to avoid the marriage altogether. There were signs, though I misinterpreted and excused them. My experience agrees 100% with one of Tracy's premises: cheating is a deal breaker in a relationship except in rare and extraordinary circumstances. In my case, despite his many protestations and promises, the x continued to cheat and continued to want to be married. To those in the early stages or who have a high tolerance for broken promises (as I once did), the tone may feel too harsh. It took me a while to accept its accuracy and necessity. The longer you try to act in good faith with a known liar, the more pain and damage you will suffer. The information in this book will help open your eyes. Anyone who cheats without confessing is a practiced liar. It takes a lot of lies to cheat and cover it up. I know this is hard to accept about someone you love. It's part of what makes what should be a straightforward, though agonizing, situation so confusing. You need an ally by your side, someone who can help you understand what's

happening and what options you have. Your usual advisers may not know how to deal with cheating. The rules are different. For one thing, cheaters don't follow all the rules. And they have their own rules that they don't share with you. That alone can create a crazy dynamic. Even if you're inclined to reconcile, I hope you'll take Tracy's perspective into account. It will open your eyes to some important things. I wish that had been an option for me. It would have saved me heartache, wasted years and exposure to STDs. My heart goes out to anyone whose circumstances led them to this book, but I'm glad you've found the clear-minded advice it contains. I hope you take advantage of it as part of your support system.

An entirely logical approach to being cheated on, and moving on afterwards. A great book for any chump. Move on and find someone better.

Hung on her every word. Especially the descriptions of narcissists...great descriptions and especially the in your face advice. READ IT NOW

A dose of reality from someone who has been there, done that. Tracy and this book are a life saver!

A straight talking guide to getting your life back after infidelity. Advice for the 'chumps' that helps them move forward without taking the blame for the actions of a character disordered partner. Funny, honest and at times a bit sad, this book will light a fire inside you to drive you onto the life you deserve.

Tracy's advice in this book is absolutely priceless, for anyone who is a victim of infidelity. There is so much poor advice out there. Tracy's view is fresh, and far more realistic.

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