

Tips for Surviving Infidelity at Thanksgiving and the Winter Holidays

For anyone whose life has been impacted by infidelity, the Holidays can be exponentially more difficult. Abe Kass offers four guidelines for coping.

TORONTO, ONTARIO, CANADA, November 23, 2016 /EINPresswire.com/ -- For many people, the winter Holidays, including Thanksgiving, Christmas, and Chanukah can be emotionally trying times. For anyone whose life has been impacted by infidelity, the Holidays can be exponentially more difficult.



The graphic is a promotional banner for a teleseminar. On the left, a man and a woman are shown in a close embrace, smiling, with a Christmas tree and lit candles in the background. Text overlaid on this image reads 'Holiday Infidelity' and 'http://tinyurl.com/Holiday-Infidelity'. On the right, a white box contains the text 'SURVIVING INFIDELITY at Holiday Season A Practical Live Teleseminar' above a circular portrait of Abe Kass. Below the portrait, it says 'Abe Kass Marriage Expert' and 'December 12th @ 8 pm'. At the bottom of the white box, a green button says 'REGISTER TODAY'. Below the entire graphic, a text box states: 'Registration is now open for the live teleseminar to be held on December 12th.'

Abe Kass, an author and relationship therapist with more than 25 years' experience, has written [a free blog post](#), "When Infidelity is an Uninvited Guest at Your Thanksgiving Dinner," available now on PsychCentral.com at <http://psychcentral.com/blog/archives/2016/11/21/when-infidelity-is-an-uninvited-guest-at-your-thanksgiving-dinner/>

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What to do when you've forgiven your partner, but his (or her) ex-lover will be in attendance at a family or business party?

Abe Kass

In addition, Abe will be conducting a live practical teleseminar on December 12th titled, "[Surviving Infidelity at Holiday Season](#)." The call, starting at 8 pm Eastern, will address some of the most common questions he receives from those who are struggling with the fallout from infidelity at the Holiday season, including:

- What to tell well-intentioned family members and friends who ask you about the rumors they've heard that you and

your partner are having troubles?

- What to do if you and your partner have reconciled, but family members and friends (who you're certain to see) still bear resentment toward your partner?
- What to do when you've forgiven your partner, but his (or her) ex-lover will be in attendance at a family or business party?

REGISTRATION includes participation in the live teleseminar; unlimited access to a complete audio replay of the seminar so you can listen to it anytime (even if you aren't able to participate live); and a copy of my Abe's e-book, "Surviving Infidelity at Holiday Season." (The book will be available late this year or in early 2017.)

The tools that Abe will discuss during this special teleconference will be helpful regardless of the holiday – Christmas, Chanukah, Valentine’s Day, Easter, Passover, etc.

The all-inclusive fee for this live event is \$29.95. (We will not share your name or registration details with anyone in order to fully protect your privacy.) To register, visit: tinyurl.com/Holiday-Infidelity.

While no two incidents of relationship infidelity are identical, and no single set of rules will apply in every case, Abe’s post for Psych Central, “When Infidelity is an Uninvited Guest at Your Thanksgiving Dinner,” offers four guidelines that have proven helpful to his clients when they are trying to cope with infidelity at the holiday season.

1. Do What Is Most Comfortable for the Partner Who Was Betrayed
2. Do Not Feel an Obligation to Discuss Your Relationship Status with Anyone
3. It’s Perfectly Okay to Skip Any (Or Every) Holiday Event
4. It’s Okay to Tell White Lies

[For additional details](#), and to read other articles that Abe has written on the subject of infidelity, visit <http://tinyurl.com/LifeTools-Infidelity>.

Abe Kass is a registered social worker, registered marriage and family therapist, and certified clinical hypnotherapist. He is a member of the Ontario College of Social Works, the Ontario and American Associations for Marriage and Family Therapy, and the National Board of Certified Clinical Hypnotherapists. In addition to heading a busy family therapy practice, he is the author of a dozen books.

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