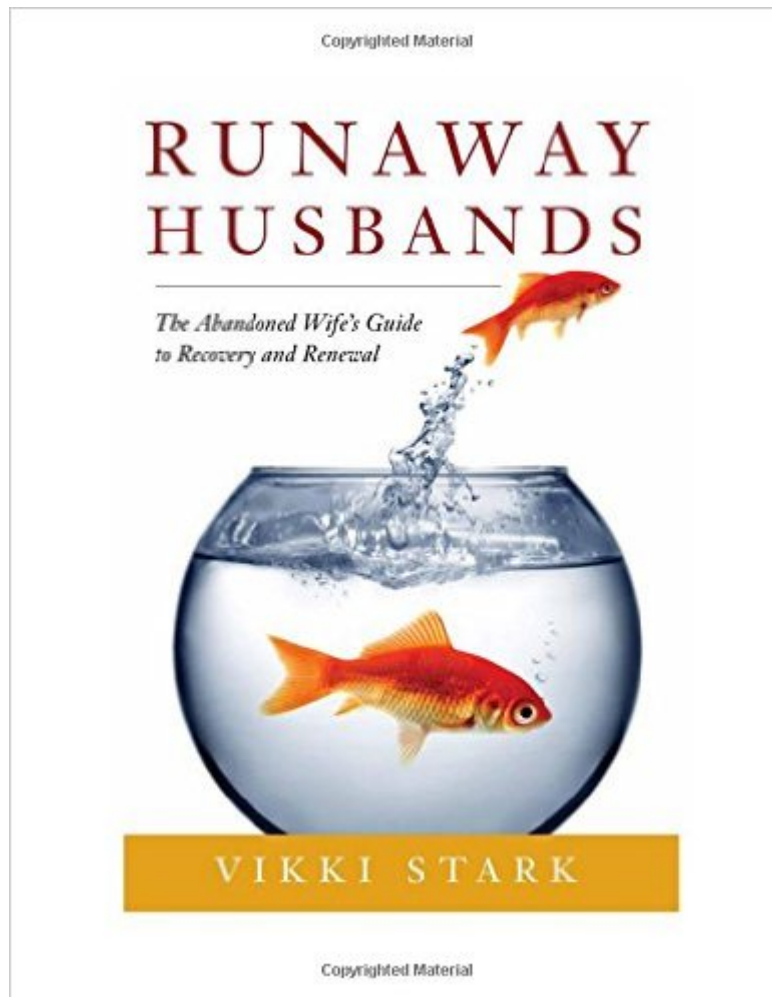


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# Runaway Husbands: The Abandoned Wife's Guide To Recovery And Renewal



## Synopsis

Based on a study of over 400 women worldwide, *Runaway Husbands: The Abandoned Wife's Guide to Recovery and Renewal*, is the first book to explore and offer healing strategies to women whose lives have been turned upside down by Wife Abandonment Syndrome. Wife Abandonment Syndrome is a pattern of behavior on the part of a husband who leaves his wife out-of-the-blue from what she believed was a happy marriage. Following his sudden departure, he replaces the caring he'd typically shown her with anger and aggression. He often moves directly in with a girlfriend, leaving his bewildered wife totally devastated. Written by family therapist Vikki Stark who was herself affected by Wife Abandonment Syndrome, *Runaway Husbands* helps women understand what motivated their loving husbands to turn into uncaring strangers and provides them with the tools they need to move forward and rebuild their lives in new and unexpected ways.

## Book Information

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## Customer Reviews

On Mother's Day last year, my husband of nearly 24 years brought me flowers and gifts. At the same time he was telling me he loved me, he indicated that he didn't want to spend time with me because he had other obligations. I was confused, hurt, and very worried. He would hardly look me in the eye. Later that night, he indicated that he was contemplating a separation. The next day, he said he did want a separation and that there was to be no discussion about it. He wouldn't give me any valid reasons for the sudden separation. I pressed the issue. He said he had been unhappy for a long time. This was the first I heard of this. In fact, I had asked him on a daily basis if he loved me, if everything was okay between us, etc. His reply was always "everything is fine." We were having

what my therapist and minister assured me were normal long-term couple problems. I was dedicated to working through these and thought he was on the same page. Instead, he threw the issue up in my face as if I was the only one to blame. He took absolutely no responsibility for any part of it. None. He made me believe, for a long while, that I was completely to blame for the demise of our marriage. When I asked if there was someone else, he angrily lied to my face and said there wasn't. When I later asked him if all the cards, flowers, text messages, and affections were even real, he replied "Some of it." He let me know that he had been pretending to love me for quite some time. I begged him to consider marriage counseling. He refused. I was devastated. My two grown children watched me pack my things as I fell apart. At one point, I started to faint and fell into a chair. He never moved to help me. He showed no compassion, no emotion, no remorse, nothing. He stood there, steel faced and cruel.

"Runaway Husbands" was the first book I read that put a name to what I was going through as I watched my 25 year "happy marriage" disintegrate in front of me and the man I loved my entire adult life become a stranger before my eyes. Vikki methodically maps the characteristics of this type of "man" and details the common experiences of women who've gone through this hell, giving hope and understanding to every woman struggling with the unreality of her new reality. I was in that seemingly perfect love story - we were the couple everyone envied. Close, intimate and totally at ease, sharing laughter and a love of life that was truly magical. But the discovery of one errant email followed by pictures of a woman's genitalia on his cell phone tripped him up and - upon being caught red-handed, he informed me a four year affair and that OUR life: me, our two beautiful children, a quarter century together filled to the brim with happy memories - was not worth the hard work and sacrifices (giving up his mistress and the teacher's union activities they used to meet each other) to save. And with that - he walked out the door and never looked back. I felt as gutted as a fish and the pain practically killed me. But knowledge is power - and Vikki gives any woman facing this scenario facts and data to survive the fall down this rabbit hole and recognize it as a very sad but all-too-common phenomenon. Most helpful to me was the tiny portion about the "other woman" - who is astoundingly neither a 28 yr old aerobics hottie nor an elegant Princess Di type. They are - across the board - so much less than the wife they usurp. A dumbed down, down-classed version of what the husband already had. Having faced my replacement and taken her measure...well...

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