

# C.S. Lewis & Co. Publicists

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Dear Editor/Producer,

*Hannah's marriage to Ben, the father of her two children, ended in a hostile divorce. Now in her second marriage, Hannah found herself obsessing about her ex's sex life. She satisfied her curiosity by rekindling a fiery affair with Ben.*

*Debra held a powerful position on Wall Street, but gave it up to be a stay-at-home mom and wife. Her dull life of shopping, cooking, cleaning, and carting the kids around changed dramatically once she met Rob and began having over-the-top sex.*

How often do we get to listen in on the private lives of women as they divulge their deepest, most passionate secrets, and see them work toward resolving complex issues around sex, trust, respect, and love?

In *Daring Wives: Insight into Women's Desires for Extramarital Affairs* (Praeger Publishing, February 2006), relational psychoanalyst **FRANCES COHEN PRAVER, PHD**, invites us into her private sessions with women who are having extramarital affairs. Through her trained eyes, we come to understand what drives women to choose infidelity, and how the experience of love outside of marriage often helps them make better informed and more conscious choices about their lives.

Dr. Praver paints a scholarly and thoughtful portrait of female infidelity using historical, literary, pop culture, and real-life examples. In her recounting of therapy sessions, we learn what motivates older women, remarried women, Gen X women, and working and stay-at-home wives to seek extramarital affairs. Dr. Praver also offers us a rare glimpse into less common extramarital behaviors, including same-sex affairs, sex addiction, and fringe practices such as sadomasochism.

There isn't a married woman alive who won't relate to many of the women whose stories are relayed in this book. Husbands, too, will be anxious to learn what wives really want.

Dr. Praver is an expert on women's sexuality, marriage, infidelity, childhood trauma, and relationship issues, and is an experienced media veteran and public speaker who has appeared widely on television, radio, and in print.

Please let me know if I can arrange an interview with the author.

Warm Regards,

Cathy Lewis

# What Drives Wives to Have Affairs?

**New book reveals startling truths about female infidelity.**

Why do women have extramarital affairs?

According to clinical psychologist **FRANCES COHEN PRAVER, PHD**, the choice to have an extramarital affair is a plea for help and a daring move that often serves as a powerful and positive catalyst for change.

In her new book, ***Daring Wives: Insight into Women's Desires for Extramarital Affairs*** (Praeger Publishing, February 2006), Dr. Praver delves into the issue of female infidelity from a historical and cultural perspective, and then presents vivid case studies from her private practice of daring wives with illuminating stories.

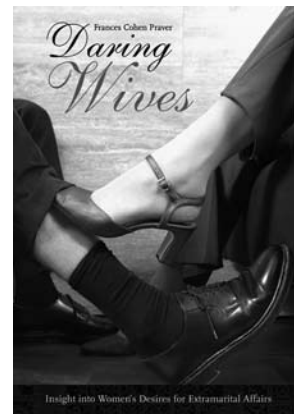
A diverse range of women—from good-girl stay-at-home wives, older wives with younger lovers, and wives with same-sex lovers, to a sexual addict and a garden-variety housewife with a double life as a dominatrix—give free vent to their desires, dilemmas, and denouements.

Rather than remaining inert in dead or frictional marriages, all of the wives featured in this book engaged in extramarital affairs as a way to live more fully.

Readers learn:

- How female infidelity has evolved through history
- How pop culture shapes our view of wives' infidelity
- What motivates stay-at-home wives to have affairs
- Marital fidelity and the challenges for working wives
- How Gen Xers view extramarital sex differently from their Women's Lib-era moms
- How women become sexual addicts
- What dynamics lead to sadomasochistic relationships
- Why older women are having more extramarital affairs
- Why some women turn to their own gender to find love

***Daring Wives*** is for all wives who are thinking about having an affair, who are currently having one, or have had an affair in the past. It is also a book every husband will want to read. It serves to remind us that we all have areas of our marriage and selves that deserve fresh attention.



*It takes a daring wife to choose an extramarital affair, but it takes an even more daring wife to choose to confront herself, gain insight, and work through her personal and marital problems.*

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# About the Author

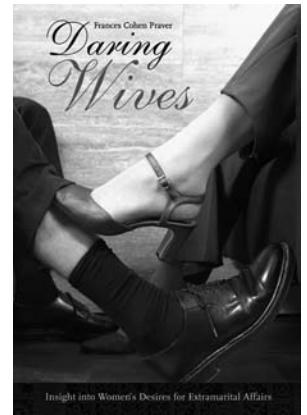
FRANCES COHEN PRAVER, PHD, is a nationally known clinical psychologist and the author of *Daring Wives: Insight into Women's Desires for Extramarital Affairs* (Praeger Publishing, February 2006).

Dr. Praver has been counseling patients for fifteen years, and has been in private practice since 1996. A specialist in how childhood experiences affect adult love relationships, Dr. Praver is passionate about helping individual spouses and married couples navigate the complex issues revolving around infidelity, sex, trust, and marital longevity.

Dr. Praver has published numerous scholarly articles on topics ranging from aging and infidelity to childhood trauma and sexual abuse, and has co-authored and contributed to a number of books on psychology and health issues. Her most recent book was *Crossroads at Midlife: Your Aging Parents, Your Emotions, and Your Self* (Praeger Publishing, 2004).

A sought-after public speaker at medical and psychology conferences nationwide, Dr. Praver is at ease in front of all types of audiences. She has appeared on such television shows as *Good Morning America*, *The Phil Donahue Show*, and *Joe Franklin*, and has been interviewed by major radio stations across the U.S.

Dr. Praver received a Bachelor of Arts degree at CW Post College, and earned her PhD in Clinical Psychology from St. John's University. She completed a postdoctoral degree in Psychoanalysis and Intensive Psychotherapy at Adelphi University. Her professional affiliations are many, including the American Psychological Association and Adelphi Society for Psychoanalysis and Psychotherapy.



## Two from Mae West

*“Love thy neighbor—  
and if he happens to be  
tall, debonair, and dev-  
astating, it will be that  
much easier.”*

*“I generally avoid temp-  
tation unless I can't  
resist it.”*

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# Interview Topics

## Why Women Look for Love Outside the Home

*Relationship expert offers surprising insights and case studies.*

Dr. Praver says sex is not the prime reason wives dare to have extramarital affairs. In fact, sex is often better at home! Learn:

- Top reasons wives seek relationships outside of marriage
- Link between affairs and early child-parent experiences
- Generational and cultural influences that impact women's restlessness

## Good Girls and Bad Boys

*Why good wives crave destructive relationships with lovers.*

Why do so many wives struggle with a split between love for their good, dependable, and reliable husbands and a desire for men they see as exciting, reckless, and dangerous? Dr. Praver discusses:

- Slut power: how the "bad girl" urge is a need to rebel
- Causes of and fixes for the split between love and desire
- Sexual conservatism and the "good girl" model of sexuality

## How to Fall in Love with Your Husband

*Relationship tips from a pro.*

It takes a daring wife to have an affair. But it takes an even more daring wife to face marital issues and work on rekindling the love she felt when she said, "I do." Dr. Praver discusses:

- How to know if a marriage is salvageable
- How real-life couples restored romance and passion
- How to regain his trust after you've been caught in an affair
- How affairs can benefit marriages and wives

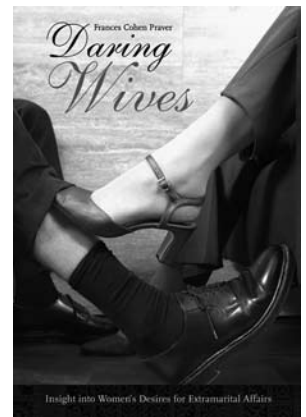
## Sex and the Older Wife

*Learn why affairs among midlifers are on the rise.*

When it comes to extramarital sex, fifty is the new thirty. More women at midlife and beyond are rediscovering their sexuality outside of marriage than ever before. Dr. Praver discusses:

- Why older wives often seek younger lovers
- Sexuality and desire in the menopausal and postmenopausal years
- Signs that your midlife marriage is in trouble

—MORE—



*Not so long ago, in the sexually repressive nineteenth century, the vibrator was developed for male doctors to use with female patients to achieve orgasm. It was considered a treatment for psychological distress.*

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## **Desperate Working Wives**

### *The challenges of dual-earner marriages.*

From her experience with women patients, Dr. Praver has learned that the workplace is a tempting ground for infidelity. Learn:

- How women resolve their dual roles of power and devotion
- How division of labor at home feeds women's marital discontent
- The two lives of working wives—real-life case studies

## **Marriage: More Dangerous than an Extramarital Affair?**

### *Psychoanalyst offers radical new theory.*

According to Dr. Praver, romance and erotic relating do not diminish in marriage. They become increasingly dangerous. Sometimes, having an affair becomes a safer option. Learn:

- How dependency on one person leaves women feeling vulnerable
- How wives unwittingly sabotage marital passion
- How successful couples keep sex lively and new—years into the marriage

## **Same-Sex Liaisons: Do They Count?**

### *Marital expert says infidelity wears many masks.*

When it comes to infidelity, Dr. Praver says it is common for women to be in denial about their romantic activities, claiming that they aren't really cheating on their spouse. Learn:

- How psychologists define infidelity
- How to know if you've crossed the line in an emotionally intense relationship with another woman
- Psychology behind same-sex liaisons

## **What Draws Women to Unusual Sexual Practices?**

### *Learn the complex dynamics behind sadomasochism, sex addiction, and other behaviors.*

Why would a demure housewife by day be a dominatrix at night? In her practice, Dr. Praver has treated numerous women who have pursued what might be considered aberrant sexual practices outside of marriage. She discusses:

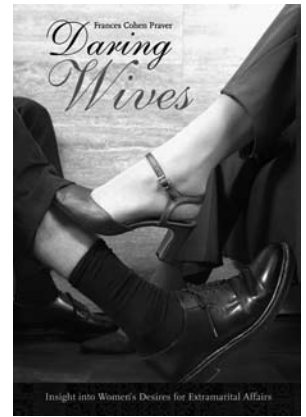
- The roots and causes of extreme forms of sex and female infidelity
- Warning signs of sexual obsession or addiction
- How to distinguish sexual hunger from sexual need

*The incidence of female infidelity over a period of 36 years rose steadily from 26% in 1953 to 50% in 1989—almost double. This correlates with the growing number of women in the workforce.*

*The double standard on infidelity goes back to biblical times. King Solomon had 700 wives and 300 concubines. In sharp contrast, if a woman strayed she was stoned to death.*

# Suggested Interview Questions

1. Why do you call women who have extramarital affairs “daring”?
2. Is there an increase in the number of wives having affairs?
3. What are some reasons for this rise in female infidelity?
4. Based on your experience with female patients, what are the main reasons wives have extramarital affairs?
5. Does a wife’s affair usually spell doom for a marriage, or can it actually improve a relationship?
6. What are some other positive outcomes you have seen for women who have had extramarital affairs?
7. Are wives’ affairs substantially different from husbands’ affairs?
8. Explain why you say that marriage is actually more dangerous than extramarital romance.
9. How would you counsel a married couple after the wife has been caught having an affair?
10. Is feminism to blame for women’s infidelity?
11. How do Generation X women differ from their second-wave feminist mothers, in terms of their sexuality and views on marriage?
12. What’s the difference between surrender and submission?
13. If infidelity is a problem, what’s the solution?
14. What inspired you to write this book?
15. What are some of the most surprising misconceptions people have about women’s extramarital affairs?
16. What advice would you give to a wife who was considering having an affair?



*“When I meet a man I ask myself, ‘Is this the man I want my children to spend the weekends with?’”*

—**RITA RUDNER**

*“Sex is more fun than cars, but cars refuel quicker than men.”*

—**GERMAINE GREER**

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# Seven Myths about Women's Extramarital Affairs

Expert on female infidelity clears up some common misconceptions.

**Myth #1:** Sex is the primary reason wives pursue extramarital affairs.

**Truth:** Sex is usually *not* what motivates wives to have affairs. Often, sex is better at home. Some extramarital affairs do not actually involve much sex at all. More often, wives who take lovers are seeking empowerment, recognition, empathy, respect, and reciprocity from a partner—not just sex.

**Myth #2:** Wives' affairs break up old marriages and result in new marriages.

**Truth:** Rarely does a wife end up with her lover. More common is that her extramarital affair serves as a catalyst to work on the marriage and her role in it. If the husband is open to marital counseling, a marriage can end up stronger than before the wife's affair.

**Myth #3:** Same-sex affairs don't really "count."

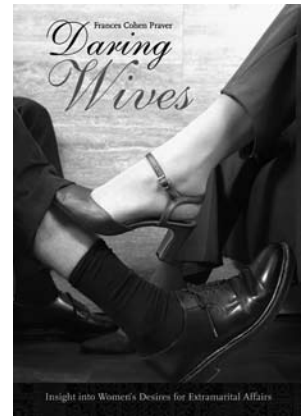
**Truth:** The act of infidelity pertains to the breaking of a trust, which is gender-free. If you have to keep it hidden, chances are it's a betrayal.

**Myth #4:** Husbands have more affairs than wives.

**Truth:** That was true for previous generations. But now that more women are working outside the home, the percentages are becoming more equal. More women are having extramarital affairs, and the gender gap on infidelity is closing.

**Myth #5:** It's inescapable that, over time, sex and romance will fade in a marriage.

**Truth:** In marriage, there is always a danger of depending on one person for romance and love, which can unwittingly degrade romance. This is a common problem that underlies marital discontent—but a preventable one. Couples who dare to, can learn to embrace ambiguity: both commitment and sexual desire, comfort and excitement, love and lust. Long-lasting romance and hot sex take work and practice.



*According to a new study on Terror Management Theory, romantic commitment acts as a buffer in times of terror. Dr. Prayer's female patients bore this out. After 9/11, an estranged wife contacted her detested ex-husband and went home with him, and many women having affairs called their spouses first, not their lovers.*

—MORE—

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**Myth #6:** Stay-at-home wives are less susceptible to the temptation of infidelity.

**Truth:** Women who choose to be moms and homemakers while their husbands go off to challenging work and fulfilling careers every day grapple with a number of issues that often lead to infidelity. Anger, resentment, and frustration at having lost their identity and autonomy are common emotional symptoms of the bored housewife who seeks excitement and empowerment from an extramarital affair.

**Myth #7:** Extramarital affairs are symptomatic mostly of younger women.

**Truth:** We used to associate affairs with young, restless wives. Not anymore. Older women are daring to have extramarital affairs in record numbers. More older women than ever are also choosing younger lovers. By engaging in extramarital affairs, aging wives feel that they are defying the double discrimination of ageism and sexism.

*Transforming ghosts  
from our past to  
ancestors with whom  
we can live is one goal  
of healthy relationships.*