



# 'n Affair om te vergeet: 'n Ware Verhaal (Afrikaans Edition)

*Marie Opperman*

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'n Affair om te vergeet is die ware verhaal van hoe die skryfster van haar man se affair uitgevind het, haar reaksie daarop, en hoe sy uiteindelik daarin geslaag het om vrede en aanvaarding te vind. Hoewel dit 'n beskrywing van haar persoonlike reis is, sal baie mense hulle met haar ondervinding kan vereenselwig: haar ongeloof en woede toe sy die boodskap op haar man se selfoon kry; die waansinnige en obsessiewe gesnuffel deur sy private dokumente en persoonlike besittings; die woede, seerkry en vernedering oor die verraad wat teen haar gepleeg is; die diep hartseer oor 'n verlore liefde; en laastens, deur 'n proses van pynlike selfontdekking en selfontleding, die besef dat dit alles ten goede was, dat sy nou sterker as ooit is.

'n Affair om te vergeet is 'n brutaal eerlike en onomwonde beskrywing van 'n affair. Maar alhoewel dit hoofsaaklik een se verhaal is, lê dit ook 'n universele tema bloot: Hoe hanteer jy dit as dit met jou gebeur? Wat is jou reaksie, en hoe kom jy dit te bowe? Kan jy dit te bowe kom? Die skryfster voer onderhoude met etlike mense wie se lewens deur affairs geraak is, en vind gedurende dié pynlike, dikwels ontstellende proses die pad na haar eie geestelike vernuwing. Sielkundiges gee ook interessante professionele advies en 'n private speurder verstrek verbasende inligting.

Dit is nie 'n boek wat beskuldig of oordeel nie, maar 'n opregte poging om uit te vind waarom mense diegene wat hulle liefhet, seermaak. Dit is in die eerste plek 'n bemoedigende en geestelike boek wat aanklank sal vind by die duisende mense wat op die een of ander manier geraak is deur 'n affair om te vergeet.

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