

Marriage Coaches Carleton And Angela Booker Launch “Transformation Brings Revelation: Seven Steps To Infidelity Recovery Success”

{Brentwood, CA} – Marriage Coaches Carleton And Angela Booker Launch “Transformation Brings Revelation: Seven Steps To Infidelity Recovery Success,” a new program for couples to survive and thrive after infidelity.



The couple – wed for 44 years – believe in the power of restoration and complete healing in your marriage after infidelity. “Infidelity is just the symptom of the root of the issues in your marriage,” Carleton says, “We walk the couple through specific steps, which include understanding why this happened, what forgiveness means, and how to stay together.”

The Bookers are the founders of Married Couples Coaching Couples, and they also deliver keynote speeches on issues including how a marriage can work after a spouse has cheated, and what to do once both partners decide they want to make it work. Additionally, they offer individual, marriage and family counseling workshops, seminars, and retreats to guide people along a path of personal and spiritual growth.

Carlton says, “Infidelity arose in our marriage 20 years ago, so we are prime examples of how you can have a good marriage after infidelity. We have been through the minefield and survived.”

He adds that in the moment people feel like it’s impossible. But the truth is although it’s not easy and requires work, the marriage can absolutely stay together and move forward as a strong marriage. “Seventy percent of people who’ve had affairs stay together, with professional help,” he says.

The Bookers say infidelity and affairs happen more frequently than we like to think about. However, they’ve found that most people who find their husband or wife cheating deep down want to fight and seek help for their marriage to stay together. “Couples start looking at the great cost of divorce and the long-term effect on the kids and family,” he says, “We believe divorce is not an option.”

“The biggest mistake people make is automatically thinking an affair is a dealbreaker. Society says that. But in reality, I’ve seen people stay together after far more serious trials than infidelity.”

The ongoing COVID-19 pandemic – which has impacted daily life in numerous ways – has also impacted the marriage realm. “Infidelity has increased during this time,” Carleton says, “Because people are home with each other all the time now, and what they’re finding out is they don’t really like each other.”

Another issue has to do with cultural norms. “African-Americans don’t typically seek professional coaching or counseling because either we don’t believe in it, or we don’t want to talk to someone who’s not African-American. We don’t want to tell our business.” That’s why the Bookers want to assure African-American married couples in particular that they offer a safe space for them to share what’s happening, and they know how to deal with this effectively.

The Bookers are co-authors of *Oh, My Knot is Coming Apart* and *I Love You But Sorry Is Not Enough*.

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