

## NOTE FROM AUTHOR:

Hello! I want to thank you for reading my FREE guide to cheaters. I have put a lot of time into the document you are about to read. You see, last year in 2003 I was cheated on. I know what it feels like to suspect cheating and I also know what it feels like to see proof that you've been cheated on.

It's not a good feeling. But after I knew the truth, I was able to free myself from that burden. But many people are scared to ask their spouse or mate if they have been cheating. Many are worried that if they accuse them and are wrong, the relationship might end.

With that in mind, you have two choices. You can confront your lover and risk ending the relationship for sure, OR you can investigate your lover without their knowledge to see what's going on.

Some people don't want to investigate their partner behind their back. That is understandable, but in today's world it will likely prove to be the only choice. If you want ways to investigate the TRUTH, then this book is dedicated to you.

Stop putting up with the BS of having someone cheat on you. Read this guide, which will only take about 10 minutes. I hope that either you find the freedom I did, or have a happy faithful relationship forever.

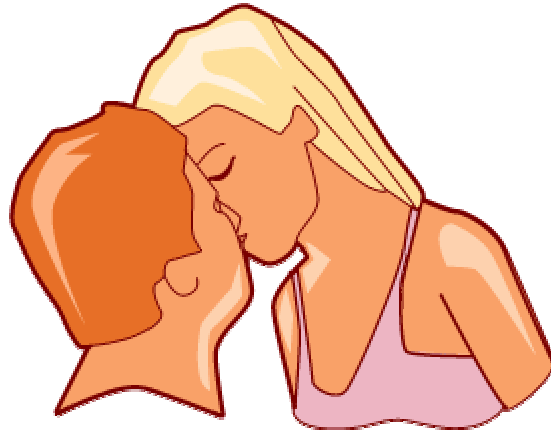
Confidentially Yours,

A handwritten signature in black ink, appearing to read "James J.", written in a cursive style.

James J.

# **FREE GUIDE TO CHEATERS**

BY: James J.



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## A. How to Tell if Your Spouse is Lying

Not all cheaters are good liars. Many do things that should immediately tip you off that something is wrong. Imagine yourself in a conversation with your spouse. Now ask them a question such as "Why were you late?" Their body language should help in telling you the answer.

1. **They touch their nose often.** Research suggests that internal nose tissues swell with blood when one lies. If your spouse touches their nose a lot when you are communicating, then there is likely a problem.
2. **They avoid looking directly at you.** Lying takes concentration and makes one suddenly divert their line of sight.
3. **They stare at you too much.** They do this to make sure you believe them, but think about it. Do you look at someone constantly if you are telling the truth?
4. **They lean forward and get close.** Closeness is usually a sign of trust. But sometimes it can be a sign of deceit. They try to exaggerate how close you are by leaning forward when they lie.
5. **They pull their earlobe.** Some police forces are trained to watch for this very mistake when interrogating criminals.
6. **They give you too much information.** Their stories are too complex, structured, polished or complete.
7. **They tend to give you multiple "reasons".** If they were honest, they would have the confidence to give just one reason.
8. **They stumble in their speech.** They make mistakes in the story and try to cover it and it causes them to stumble in their speech.
9. **They use "um" and "uh" more than normal.** This especially holds true in a situation where they have to think of lies quickly.
10. **They are hesitant at the start of a sentence.** This is typical in the same situation as #9. They have to come up with lies fast and they hesitate.

### ***Body Witness***

#### ***An article by Mtvindia***

Our faces display all kinds of emotions. Liars are especially prone to the tensing of muscles around the mouth and cheek area. The mouth narrows and a lot of the time liars bite their lip.

A split second frown or look of disbelief can quickly be replaced by a fake smile to cover up any sign that a lie is being told. A wrinkled forehead, clasped hands (they're actually praying that you'll believe them) or raised brows are common among liars. Shrugs can be translated as helplessness. The liar can't really think of anything else to say except maybe "I don't know." Shrugs are usually used when a liar is caught without a good explanation or is at a loss for words.

When a liar covers his eyes or doesn't make eye contact with you, he's trying to hide his emotions (or hide the guilt). Scratching of the arms, fake coughs, swallowing, red cheeks, the twisting of rings, or fidgeting around are all signs of discomfort. If you've ever told a lie you know how uncomfortable you feel when you are lying about something while trying to make it reality.

Another thing to pay attention to is someone's voice. When someone is upset or in fear their pitch gets higher and they speak faster than usual. Liars like to change the subject (which is what they're lying about) quickly. They don't like to talk about what they're lying about for too long because there's a higher risk of getting caught.

## **B. Signs of a Cheating Spouse**

I want to share with you this great list compiled by Sheri & Bob Stritof of About.com. This is jammed full of the possible early warning signs you should be aware of when your spouse is cheating.

1. Your spouse seems bored. Bored with you, with job, with kids, with hobbies, with life in general.
2. Your spouse seems to want danger or thrills in his/her life.
3. There is considerably less intimacy in your relationship.
4. Your sex life is practically non-existent.
5. Your spouse has a low self-esteem.
6. You notice your spouse has a sense of confusion about self.
7. Your spouse has become lazy, especially around the house.
8. You can't get your spouse to communicate with you.
9. Your spouse gets very defensive if you mention infidelity or affairs.
10. Spouse is suddenly more attentive than usual.

11. Mate is working longer hours at work.
12. Your spouse is dressing nicer, looking nicer.
13. You notice charges on credit card statement that don't make sense.
14. Your spouse is indifferent to family events like birthdays and holidays.
15. You find your partner has been lying to you about a variety of things.
16. Money becomes more of an issue between the two of you.
17. He/she doesn't want to go anywhere or do anything with you anymore.
18. You can't even get your mate to fight with you.
19. You feel as if you are being avoided.
20. Your partner abandons religious faith.
21. Your spouse seems more secretive.

In addition, I want to add that if you get a lot of hang-up phone calls, your spouse's lover might be the one doing it. Also, if you notice a lot of gifts or apparel that you didn't purchase for your spouse, there might be something going on that you don't know about.

## **C. Mistakes Cheaters Make**

I have noticed over the years that cheaters make quite a few mistakes. Usually mistakes are unintentional. But sometimes cheaters make these mistakes because they simply want to get caught.

**Below are some mistakes that many cheaters make.**

1. They forget about a "love note" left their pocket.
2. They come home smelling of their lovers perfume or cologne.
3. They are too protective of their purse or wallet.
4. They come home wearing different clothes than when they left.
5. They choose too many different excuses too often.
6. They forget about detailed cell-phone bills.

7. They spend too much money on their affair, less on bills.
8. They come home smelling of smoke, but they don't smoke.
9. They call you the wrong name accidentally.
10. They use a friend as an excuse but don't tell the friend.
11. They forget about the caller ID and redial button.

**Now here are some things you can do to detect these mistakes.**

1. Check ALL of their pockets daily when they aren't around.
2. Make sure you take a good whiff of them each day.
3. Check their purse or wallet daily, looking for anything "hidden".
4. Notice what they are wearing when they leave, then compare later.
5. Investigate all excuses and make sure they check out..
6. Check every call line-by-line of their cell phone bill for unusual calls.
7. Keep track of how much money they have and what they've spent.
8. Ask them if they have been smoking. Watch their reaction.
9. If they call you the wrong name, say, "I've known for a while."
10. When they give a friend as an excuse, call the friend and ask.
11. Check your caller ID and utilize redial after suspicious calls.

## **D. Things Cheaters Do To Hide Affairs**

Cheaters often are experienced and hard to catch without the tactics in this guide. Here are lists of some of the things they do to hide their affairs. Now of course sometimes these things happen for real, so don't confuse these with proof they have been cheating.

**Below are some things they say to explain where they were.**

1. They have to work late.
2. They have to go out of town for a business trip.
3. They have a friend who needs their help.

4. They are going out with their friends.
5. They are going to play sports.
6. They are going to a family member's house.

**Below are some things they do to try and cover things up.**

1. They hide things such as notes or gifts.
2. They change their clothes to cover up scents.
3. They lie about where they were.
4. They are more attentive to you.
5. They have sex with you out of guilt.

## **E. Tactics to Catch Them in the Act**

If you are still convinced that your spouse is cheating, then you should NOT simply approach them. First you need some sort of proof. Because even if you know for sure they are cheating, they will come up with some excuse if you don't have proof.

Use these and other tactics at your own risk. I won't be responsible for anything that goes wrong!

### **The Pretend Setup**

Find out where your mate will be at a certain time. A large store of some sort is a perfect place. You could ask them to "stop on their way home from work to get soda" or something similar.

You probably have a friend at work or another place that your lover has never met. Ask an attractive friend of your same sex if they will do you a favor.

Ask your friend to dress nice and show up at the same place in the soda section about 10 minutes before. They will have a miniature tape recorder in their pocket. You can get these at: [www.cheating-spouse-guide.com/mini](http://www.cheating-spouse-guide.com/mini)

Your friend should casually wait and pretend to look until your mate arrives at the soda section. They would then initiate a conversation (while recording) with something like "I love your shirt!" or something similar to make it a flirt, yet not an obvious setup.

Have your friend put on a show and see what they can get your lover to say. They could mention that they have a boyfriend/girlfriend but they are sick of them or something to that sort, to see your mate's reaction.

### **The Always-ON Computer Recorder**

This secret surveillance tactic has proven very effective in catching a cheating spouse in the act. Many people have cyber-affairs, which are just as bad as real affairs in my opinion. Plus, many affairs use email to communicate because they think that nobody else can see it. You can easily see what you're spouse is doing on the computer while you aren't around. There are programs that will secretly record everything they do on the computer. What if you discovered that tomorrow at 7pm your spouse doesn't have to work like they said. They have a date. And you now have a place and time that date will be!

If they type an email to somebody, you'll see it. You'll also see everything else they do. You can even have the results sent to your private email address if you need it to be. They are pretty easy to use.

There are quite a few dealers of this type of software but I think [www.AceSpy.com](http://www.AceSpy.com) is the best. They offer discounts and even have software that you can install over the Internet.

The plan works like this: You install this software on your spouse's computer. After that wait a few days and then load the hidden interface. You will then be able to see exactly what they were doing, who they were chatting with, what they were saying, and many other things.

Again, whatever happens you have it recorded! Simply print it out and there's your proof. If nothing happens then you can try again using a different tactic.

### **The All-Knowing Hidden Camera**

You can easily see what you're spouse is doing while you are away by recording it. But you would need a device that you can hide. A typical camcorder won't do.

Camcorders and spying don't go well together. By camcorders I mean the typical VHS or Digital camcorder. They are just too big. You can get the right type of camera by going to [www.cheating-spouse-guide.com/cameras](http://www.cheating-spouse-guide.com/cameras)

The plan works like this: You set up a hidden camera that can hold about six hours of time. Click the above link to check out these sorts of cameras.

Where you setup the camera is important. It should be near a phone if you choose a camera with sound capture. If your camera doesn't include sound capture you should set it up wherever you think your spouse might be doing something wrong.



Again, whatever happens you have it on tape! If nothing happens then you can try again using a different tactic.

## **F. Tactics to Learn About Their Past**

If your spouse has been lying a lot, then more than likely they have done it in the past. Many people have backgrounds that they don't tell their spouses about. A past marriage or a child can be kept secret. They think that nobody will ever know. Then comes the background check. Here are a few ways you can do a background check on them to learn their past.

### **Use Software**

Perhaps the easiest way to check their past is using software called Net Detective. It allows you to do background checks on people. You can find court records and even look at their FBI file. Plus it's cheap. You can get Net Detective and get a Free Computer Recorder at [www.pc-net-detective.com](http://www.pc-net-detective.com)

### **Get an In-Depth Profile**

Using this method you simply order a background profile online from a site like Intelius. They'll do a more detailed background check using even more sources than Net Detective. They are also very cheap. To get an Intelius report, click the following link. [www.cheating-spouse-guide.com/intelius](http://www.cheating-spouse-guide.com/intelius)

## **G. Gain Advantages Over Them**

If you're like me, you want to have advantages in life. Having an advantage in a divorce is important. If your husband or wife has cheated on you, you want to make absolute sure you have proof before you separate. You will need this proof in court to prove your case. Here are some great suggestions for an easy way to get some proof:

1. Hire a private investigator to follow them.
2. Use a secret computer recorder.
3. Use a hidden camera.
4. Use a miniature tape recorder.

Using these methods you can get the advantage you need so you can take action now. Don't wait until it's too late. If you separate before you have proof, your case might not be as strong in court. Make sure you get the proof NOW! I can't stress how important that is.

## **H. Cheating Spouse Statistics**

This great article was written by Peggy Vaughan and includes shocking statistics and other useful information.

## How Prevalent are Affairs?

*Conservative* estimates are that 60 percent of men and 40 percent of women will have an extramarital affair. These figures are even more significant when we consider the total number of marriages involved—since it's unlikely that all the men and women having affairs happen to be married to each other. If even half of the women having affairs (or 20 percent) are married to men *not* included in the 60 percent having affairs, then at least one partner will have an affair in approximately 80 percent of all marriages.

But we need to take a closer look at the statistics on affairs to determine what they can contribute to an understanding of our sexual patterns. While affairs happen in non-marital, "committed" relationships as well as within marriage, most of the statistics deal only with "*extramarital*" affairs. These statistics began with Kinsey's reports in the 1940's and early 1950's. Kinsey's samples included 5,000 men and showed that by age 40, 50 percent of the men had experienced extramarital sexual intercourse. Kinsey's original samples of 6,000 women showed that by age 40, 26 percent of the women had experienced extramarital sexual intercourse.

Later studies dealing exclusively with men indicate a continuous increase in the number of men having extramarital affairs. *The increase for women having affairs has been even more significant.* Some of the statistics, both for men and for women, are extremely high and legitimately debated, but many people question *any* statistics on extramarital affairs, arguing that statistics are unreliable and confusing and that no one knows precisely how prevalent affairs are. While there are slight differences in the estimates based on clinical studies and questionnaires, the bottom line is compelling in showing an extremely high (and rising) incidence of extramarital affairs.

## Why it helps to know about the prevalence of affairs

For the person who knows their spouse has had an affair and is still trying to understand why, acknowledging the prevalence of affairs in our society can help them put it in a more realistic perspective. Understanding just how many others face the same situation (regardless of who they are or who they're married to) can help break the sense of being so alone, isolated, or "singled out" for this experience. It can help overcome the feeling of "why me?"

People who have not yet faced this issue, either in their own lives or with their friends or family, would do well to start with a realistic picture of the frequency of affairs in society as a whole. It's not that the sheer frequency means it will happen to any specific person, but it does say a lot about the kind of support to expect from society for remaining monogamous vs. having affairs. We need to make a commitment to face the reality of affairs and address the issue in a more responsible way, both individually and as a society.

## I. Summary & The Four-Step Plan

Now that you have seen the warning signs, tactics and statistics, I want to tell you about the ideal four-step plan which almost always works. It's very cheap and you can start it right now. This is exactly how I caught my "ex" cheating.

### **Step 1: Make The Decision.**

You must first make the decision to start this formula. You can stop this formula at any time and they will never know. If you end up finding nothing, don't feel guilty. It was worth it to know the truth. But chances are you will find something and the formula will **free you**.

### **Step 2: Bait Your Spouse.**

Use the surveillance tactics to catch them in the act mentioned in this guide. They are The Pretend Setup, The Always-ON Computer Recorder or the All-Knowing Hidden Camera. Use at least one of these tactics but even more if you can. My recommendation is [www.AceSpy.com](http://www.AceSpy.com) for the second option.

### **Step 3: Stay Attentive.**

While your surveillance is going on, make sure you pay attention. Sometimes your proof will only be a matter of seconds when using a hidden camera or computer software. But that's all it takes.

### **Step 4: Gather Your Proof.**

When you get your proof, make sure you either print it out or make a copy of the tape if you used a camera. Don't let them know about the proof if they deny the affair. This will eat them up inside. If you have the proof then they definitely cheated, so they not only will have to deal with the pain, but the guilt as well. Guess what. **You are now free.**

## **FINAL THOUGHTS**

I want to thank you for reading my guide. I hope you found it useful. I had fun compiling it and hope it will help many people learn the truth. Not all marriages or relationships involve cheaters, so think carefully before using any of the discussed tactics. If you have no valid reasons to suspect, and things are going great, then chances are there is no infidelity. But if you suspect, then by all means **FIND OUT THE TRUTH!**

## ACKNOWLEDGEMENTS

Special thanks to the following sites who helped create this guide. Thanks for great articles and help creating this guide.

AceSpy: Great surveillance software at dirt-cheap prices.  
[www.acespy.com](http://www.acespy.com)

PC Net Detective: Find out your lovers past.  
[www.pc-net-detective.com](http://www.pc-net-detective.com)

Spyville: High-quality surveillance equipment.  
[www.cheating-spouse-guide.com/spyville](http://www.cheating-spouse-guide.com/spyville)

Intelius: Get a full background check on your spouse.  
[www.cheating-spouse.com/intelius](http://www.cheating-spouse.com/intelius)

Mtvindia: Wrote the great article on Body Language.  
[www.mtvindia.com/mtv/romance/ex-files/story.php3?romanceid=1730](http://www.mtvindia.com/mtv/romance/ex-files/story.php3?romanceid=1730)

Sheri & Bob Stritof: For the great Signs article.  
[www.marriage.about.com/cs/infidelity/a/infidelsigns.htm](http://www.marriage.about.com/cs/infidelity/a/infidelsigns.htm)

Peggy Vaughan: For the great Statistics article.  
[www.2-in-2-1.co.uk/marriageclinic/infidelity/Extramarital/index4.html](http://www.2-in-2-1.co.uk/marriageclinic/infidelity/Extramarital/index4.html)

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