

Cruise Control Understanding Sex Addiction In Gay Men 2nd Edition

Cruise Control is the premiere book on the growing problem of sex addiction in gay men. This second edition explores how technology has impacted the instant ability to "meet up" and the implications of being in recovery in a committed relationship. Accessible resource for achieving sex addiction recovery including a "30 day test" and a dating plan.

This book is the first of its kind and is about Chemsex Addiction. Chemsex Addiction, is the combination of dangerous sex acts and lethal drugs that are highly addictive. This addiction is now at epidemic levels in most major cities in Western Europe, North America and Australia. Not since the HIV/AIDS epidemic has the gay/bisexual community been faced with such a massive health issue when considering its prevalence and health implications. This book addresses its causes, prognosis, and solutions for individuals, family members, therapists, and medical professionals whose paths cross with individuals suffering from Chemsex Addiction. The innovative text that introduced Dr. Patrick Carnes' thirty-task model for treating sexual addiction.

IN THIS INTENSELY PERSONAL MEMOIR, Staci Sprout offers a vulnerable account of her recovery journey from the painful world of sexual intrigue and addiction. She was an honors student and cheerleader, and later a talented young social worker, but her life had a dark twist even her closest friends didn't suspect. Childhood sexual abuse and exposure to pornography had ignited a drive to be sexual that eventually threatened to unravel her sanity and her life. Desperate for relief, she tried psychotherapy, hypnotism, bodywork, and traditional and pagan spirituality. Nothing helped until a near-death experience became a turning point and she found her way into the rooms of 12-Step recovery for sex addiction. Staci's story reveals what can happen when a woman refuses to give up in her fight for dignity and freedom. The wisdom that emerges will be both a roadmap and inspiration for anyone, male or female, who struggles with sexual addiction - and to their loved ones.

The first workbook to help partners of sex addicts cope with discovering their loved one has compulsive sexual behaviors.

Sex addicts are individuals who've lost control over their sexual fantasies and behavior. They are unable to stop their sexual acting out, even when they want to, and they experience significant, directly related negative life consequences-relationship issues, problems at work or in school, declining physical and emotional health, financial strain, and sometimes even legal trouble. Sex addiction is very much on the rise, thanks to digital technology. The simple fact is virtually everyone owns a computer, laptop, pad, tablet, smartphone, or some other Internet enabled device. These technologies connect us in ways that seemed unthinkable as little as ten years ago. On the plus side, this digital interconnectivity provides endless opportunities that support our very human needs for community and social interaction. Friends and family who may have been too distant for regular contact just a few years ago can now be intimately folded into our lives. Unfortunately, our ever-increasing online connectivity also provides access to an unending collection of highly arousing sexual content and willing sexual partners. And while pornography, masturbation, and anonymous/casual sex are a source of pleasurable amusement for the vast majority of people who choose to engage in those activities, individuals predisposed to addictive and impulsive behavior patterns can quickly and easily find themselves lost in an escalating, obsessive quest for sexual and/or romantic intensity. So as the number of affordable, easy links to pleasurable sexual content and activity has increased, so too has the number of people struggling with sex, porn, and love addiction. It's just that simple. Sadly, very few people possess a comprehensive understanding of this incredibly complicated disease. Robert Weiss's Sex Addiction 101: A Basic Guide to Healing from Sex,

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Porn, and Love Addiction addresses this issue. The book covers everything from what sexual addiction is and how it can best be treated, to how it affects various subgroups of the population such as women, gays, and teenagers, to how sex addicts can protect themselves from the online sexual onslaught. And Rob presents this material in straightforward language that any reader can understand. As such, *Sex Addiction 101* is intended to enlighten the clinical population, actual sex addicts, their loved ones, and even the general public. Rob is uniquely qualified to write this book. In 1995 he founded the Sexual Recovery Institute in Los Angeles, one of the first facilities anywhere offering treatment for sexual addiction and related issues. These days he is Director of Intimacy and Sexual Disorders Services at the Sexual Recovery Institute, The Ranch in Nunnally, Tennessee, and Promises Treatment Centers in Malibu, California. Additionally, he provides sexual addiction treatment training internationally for psychology professionals, addiction treatment centers, the National Institutes of Health, and the US military. He has been featured on CNN, The Today Show, Larry King, Oprah, ESPN, and elsewhere. In other words, along with his mentor Patrick Carnes, Rob has become the face of and driving force behind understanding and treating sexual addiction.

The groundbreaking book introducing Dr. Patrick Carnes' thirty-task model for treating sexual addiction is now UPDATED and REVISED.

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Robert Weiss, director of the Sexual Recovery Institute in Santa Monica, California, avoids political and moral arguments and instead focuses on the clinical approach, asking the question, "Is your sexual behavior causing problems in other areas of your life?" *Cruise Control* leads men to a better understanding of the difference between sexual compulsion and non-addictive sexual behavior within the gay experience, and it explains what resources are available for recovery. A timely and important contribution to the body of recovery literature, *Cruise Control* provides understanding, empathy and encouragement to gay men seeking healthy sexual expression.

Christian men aren't immune from the decimating plague of infidelity. Yet underneath the hurt and betrayal, often there is still love. Without proper guidance, though, men have little chance of restoring relationship trust. In fact, they often make things worse. Robert Weiss, a nationally acclaimed secular expert in the treatment of sex and intimacy issues, provided a practical, effective guide for recovery after infidelity in his original version of *Out of the Doghouse*. He then invited colleague Marnie C. Ferree, an equally acclaimed expert within the Christian community, to adapt the book for a faith-based audience. The result is a perfect marriage between Weiss' concrete relationship-saving steps and Ferree's incorporation of a Christian perspective. Ferree brings familiar faith values and scripture to deepen the discussion of taking responsibility, rebuilding trust, and restoring intimacy. *Out of the Doghouse for Christian Men* provides a path of redemption for the men who cheat and a possibility of healing for the women they hurt. Not only can relationships be saved, they can emerge from the doghouse stronger than ever. "Marnie Ferree is trustworthy. Without judgment, she writes with personal experience and practical solutions. Marnie has helped many a struggler regain integrity, re-earn trust, and restore a relationship never thought possible. You'll be blessed to read this book!" June Hunt, Founder and

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CSO (Chief Servant Officer) of Hope For The Heart Author, How to Forgive... When You Don't Feel Like It "Can a relationship be resolved after infidelity? Some of the most troubled and broken relationships that I thought had little or no hope of surviving, I have seen redeemed and made beautiful by God's healing grace and power. Is it tough? Sure. Possible? Absolutely. [This book] shows a redemptive way forward." Dr. Tim Clinton, Ed.D., LPC, LMFT President of the American Association of Christian Counselors

Understanding and Treating Sex and Pornography Addiction demonstrates why people's lives are being destroyed by compulsive sexual behaviour and what we can do to help them. The book examines the latest research into these conditions and outlines the new integrative C.H.O.I.C.E. Recovery Model, a practical, sex-positive model which incorporates CBT, ACT and psychodynamic theories to help people enjoy lifetime recovery. This new edition has been updated throughout, with new material covering pornography addiction, ChemSex, internet offending and female sex and love addiction. Written in a clear and informative manner, this book contains support and advice for both the clinician and for those who suffer from sex addiction, and provides tools for securing confident and rewarding recovery. Understanding and Treating Sex and Pornography Addiction is essential reading for anyone looking to make an enduring recovery from these conditions, as well as for clinicians new to the field and those wanting to update their skills and knowledge.

Unhooked from regular routines and healthy relationships by the coronavirus pandemic or other traumas, even our most basic human impulses and inputs can become addictive and destructive. An essential resource for those struggling with sexual addiction and compulsions, and those who love them. With the revised information and up-to-date research, Out of the Shadows is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. Out of the Shadows is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

Poems of Betrayal and Hope is about a married woman of 25 years who discovered her husband was a sex addict when she was hospitalized for a sexually transmitted infection.

Daily reflections for those searching for lasting recovery from sex addiction. The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing, hope, and personal growth anyone addicted to sex needs to embrace recovery. Part of the Hazelden Meditation series, each thought of the day inspires the strength, courage, and mindfulness

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readers need to overcome patterns of sexual compulsion. Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior, this book will become the touchstone to your transformation.

The number of affordable, easy links to pleasurable sexual online content is on the rise. Activity increases with the accessibility of technology. So, too, has sex addiction. People struggling with sex, porn, and love addiction typically have little understanding of this incredibly complicated disease. Sex Addiction 101 covers everything from what sexual addiction is and how it can best be treated, to how it affects various subgroups of the population such as women, gays, and teenagers. The book also provides sex addicts with strategies to protect themselves from the online sexual onslaught. Sex Addiction 101 is intended to enlighten the clinical population as well as actual sex addicts and their loved ones. Along with his mentor Patrick Carnes, Weiss has become the face of and driving force behind understanding and treating sex addiction; this book should be a core title in every addiction collection.

This resource identifies the stages and progression of sex addiction, including assessment, intervention, and treatment methods. This resource identifies the stages and progression of sex addiction, including assessment, intervention, and treatment methods. It also covers family structure, bonding, boundaries, and recovery topics.

Technology has significantly changed our world. Sexual imagery and encounters can now be accessed anywhere, anytime, using portable electronic devices. Users can generate a stream of graphic pornography, a wide variety of virtual sexual activities, and casual, anonymous, or paid-for sexual encounters with a click or a tap. We now have greater access to highly stimulating sexual content and potential sexual partners with much less built-in accountability. Porn addicts are especially vulnerable to the lure of digital technology and the seemingly endless array of stimulation it provides. Research suggests that cyber-porn addicts spend at least eleven or twelve hours per week online viewing porn. Today, all forms of sex addiction are technology driven—from porn websites to webcams to casual sex hook-up apps via smartphones. Sex addicts organize their lives around the pursuit of sexual activity with self or others, spending inordinate amounts of time viewing and masturbating to porn or planning, pursuing, and engaging in sex acts. At the same time, they neglect important relationships, work, and personal responsibilities. Overwhelming feelings of guilt, shame, and remorse invade when the acting out ends. While it's complicated, recovery is possible. Always Turned On shows readers how to turn those temptations off while providing practical long-term solutions for recovery.

Recovery from Sexual Addiction: A Mans Guide and a companion workbook, help men learn how to achieve a high level commitment to change their behavior and thinking. Men are introduced to insights on how to move out of compulsive behavior, depressed mood, and isolation into a more fulfilling life. Readers will learn about the Addicts Life Scale, a simple yet insightful tool that illustrates how ones mood is directly related to destructive acting-out behaviors. Once a man becomes aware of his mood levels, he can begin to take proactive steps to reach and sustain a mood level where he feels confident and motivated to remain free of destructive acting-out behaviors. Book chapters are structured to help men examine their most personal issues, including: the nature and origin of sexual addiction, the roles of anger,

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anxiety, isolation, and depression in sexual addiction, how co-dependency fosters sexual addiction, how to cultivate self-awareness and improved attitude, and creating a healthy life style absent sexually acting out. Ultimately, readers will discover the satisfaction that comes from improved relationships with their spouses, children, other men, and God. Paul Beckers unique Recovery From Sexual Addiction series includes a core book, client workbook, and a clinician guide. The three texts use an interactive approach to help therapists and clients thoroughly explore the roots of sexual addiction and effective ways to achieve long-term recovery. The series is especially helpful to therapists who prefer to base recovery on principles proven by Dr. Patrick Carnes.

Everyone makes mistakes in relationships at one time or another. Sometimes they learn from those mistakes. Other times, they return to those behaviors and cycle through failed relationship after failed relationship. Sometimes those behaviors become an addiction to love that may leave a person feeling unhappy, unfulfilled, lonely, or worse. Lesbian Love Addiction: Understanding the Urge to Merge and How to Heal When Things go Wrong makes visible the elements of love addiction that many lesbians suffer from. Love addiction for lesbians comes in many forms. Some struggle by sexually acting out and others are serial relationship junkies, jumping from one relationship into the next. Some are addicted to the high of falling in love and once that wears off don't know how to handle the day-to-day realities of a committed relationship. Some are even addicted to fantasy and intrigue, while others are love avoidants and sexual anorexics. Love avoidants may be able to get into a relationship but once they are fully committed, struggle with feeling smothered. Others may avoid intimate or sexual relationships all together, becoming sexually anorexic. Some may even vacillate between all of these. The underlying component and common denominator in all of these scenarios is the "Urge to Merge." Lesbian Love Addiction is designed to help ameliorate at least part of this problem. Lauren D. Costine offers insight for lesbians, bisexual women in relationships with women, queer women, and more specifically, any woman who loves women, as well as their family and friends, and health care professionals, into the psychology of lesbian love addiction. It will give those who struggle with and suffer from love addiction ways to understand, cope, and heal from this debilitating addiction. It will give those who work with this population new tools to use to do this more effectively. Mostly, it will help lesbians understand their relationship failures and how to heal from problems associated with them, so they may grow and cultivate happier, more fulfilling connections in the future.

Overcoming Sex Addiction is an accessible self-help guide which uses the principles of cognitive behaviour therapy to help those with problematic or unwanted patterns of sexual behaviour. It is designed for those who are not yet ready to seek professional help or who live in a place where little help is available and can be used in conjunction with general psychotherapy. Written by a leading expert in the field, the book offers an insight into the origins of sex addiction, before going on to explain the cycle of addiction and how to break it. The book has a do-it yourself week-by-week programme of action to tackle compulsive sexual behaviour, and provides extensive advice on relapse prevention to help the reader move forward in recovery. Overcoming Sex Addiction will provide clear, informed guidance for sex addicts and those professionals working with them.

A compassionate yet concise guide to beginning recovery from sexual addiction.

Partners experience dire consequences as a result of being in a relationship with someone suffering from compulsive sexual behavior. Their emotional well-being requires developing new skill sets for self-care and self-protection as they confront the difficult and painful process of discovery, disclosure, and beyond. In other words—they need boundaries. This is the first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create, and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth. Moving Beyond Betrayal guides partners to define the current problem(s);

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identify needs that aren't being met; find where they have the power to effect change; take action; and evaluate the results to determine if their goal has been accomplished. The author examines all aspects of effective boundary work, including what to do when boundaries are violated. Through working the 5-Step Boundary Solution partners will: Gain clarity Reduce the chaos inherent in relationships impacted by sex addiction Feel more empowered and in control of their lives Discover whether or not their relationship with the addict is salvageable Vicki Tidwell Palmer is a Licensed Clinical Social Worker (LCSW), Certified Sex Addiction Therapist (CSAT), and Somatic Experiencing Practitioner (SEP) in private practice in Houston, Texas. She is the author of the blog for partners Survival Strategies for Partners of Sex Addicts. Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. Sex Addiction: The Partner's Perspective has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, Understanding and Treating Sex Addiction, it includes case examples and survey results revealing the reality of life for partners of sex addicts. Sex Addiction: The Partner's Perspective is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives – whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

Fawcett provides a practical resource for recovery from methamphetamine and the restoration of healthy sex and intimacy. He outlines a path toward healing, describing the phases of physical, emotional, and sexual recovery and provides a broad range of supportive tools from managing triggers to mindfulness.

Do you love an addict? Do you sometimes feel like their addiction is your fault? Are people calling you codependent? If our treatment toward loved ones of addicts alienates them, it's time we change our approach. With Prodependence, Dr. Robert Weiss offers us the first fully new paradigm in over 35 years for helping those who love and care for addicts. An attachment-focused model, prodependence recognizes that no one can ever love too much, nor should anyone be pathologized for whomever they choose to love as is often the case.

Prodependence informs caregivers how to love more effectively, but without having to bear a negative label for the valuable support they give. When treating loved ones of addicts and other troubled people using prodependence, we need not find something "wrong" with them. Instead, we acknowledge the trauma and inherent dysfunction that occurs when living in relationship with someone whose life is failing and keep moving forward. Validating a caregiver's painful journey for what it is opens the door to support them in useful, non-shaming ways. Helping people take incremental, positive steps toward intimate healing is what Prodependence is all about!

The definitive guide on internet sexual addiction and recovery.

Would life be better without alcohol? It's the nagging question more and more of us are finding

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harder to ignore, whether we have a “problem” with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it’s hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

The book *Sexual Addiction: Understanding and Treatment* introduces graduate-level students to the field of sexual addiction. Graduate schools seek a textbook that specifically addresses the dynamics of sex addiction to complete their counseling education curriculum. Some professors have indicated that there is a dearth of targeted instructional content. This book fills that need. As a compendium of Dr. Carnes’ research related to the treatment of sexually addicted men and women, the book will serve as clinical manual for therapists. Therapists are invited to use the recovery program presented as an effective treatment regimen for sex addicts. Internet pornography addicts men and women who have a weakness for sexual stimulation. One estimate is that as much as half of the male population and a third of the female population are addicted to pornography. The need for a relevant clinical tool is real. As such, the book contains thirty-six therapeutic exercises to help sexually addicted men and women, in conjunction with sex addiction therapy, to achieve long-term sexual sobriety.

It’s all about cheating--the biggest threat to intimacy. Typically, men are good at creating rifts in relationships but terrible at mending them, especially after they've repeatedly betrayed their partner through sexual infidelity. For the most part, cheating men are both intimacy-challenged and empathy-challenged, and, as such, they lack the skills needed to overcome the damage wrought by their infidelity. Robert Weiss has spent over twenty years in the treatment of sex and intimacy issues. He's helped both cheating men and their betrayed spouses move through the horrors of infidelity. In *Out of the Doghouse* he shares his expertise, illuminating the ways in which men can move beyond their usual feeble efforts to smooth things over. Saying "I'm sorry" and trying to "buy forgiveness" with flowers and jewelry may temporarily calm the stormy seas of infidelity. However, these actions do nothing to re-establish intimacy and trust—the key components to help the distraught woman feel better about her relationship over the long-term and get over the cheating. The simple truth is men and women are very different when it comes to intimacy and relationships. While men are able to compartmentalize things like sexual infidelity, women typically view cheating as an affront to their entire relationship. They think, "If he is lying to me about sex, he's probably lying to me about everything." For betrayed women, trust just flat-out disintegrates. And without proper guidance, men have little hope of restoring it. Weiss provides exactly the needed guidance in *Out of the Doghouse*, helping men move past the usual infidelity roadblocks that result from cheating in ways that will not only save a damaged relationship, but restore intimacy to make it better than ever.

Sex Addiction 101: The Workbook presents 24 updated and highly refined exercises designed to walk recovering sex addicts through the process of healing. Intended for use in conjunction with Rob Weiss's full-length book, *Sex Addiction 101: A Basic Guide to Healing from Sex, Love, and Porn Addiction*, this workbook provides tasks and reflective questions that will help sex addicts establish and maintain lasting sobriety.

Is technology designed to connect us closer together actually drawing us further apart?

An insatiable need for sex and love. Periods of overeating or starving. A pattern of unstable

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and painful relationships. Does this sound painfully familiar? Trauma counselor Kelly McDaniel has seen these traits over and over in clients who feel trapped in cycles of harmful behaviors--and are unable to stop. Many of us find ourselves stuck in unhealthy habits simply because we don't see a better way. With *Mother Hunger*, McDaniel helps women break the cycle of destructive behavior by taking a fresh look at childhood trauma and its lasting impact. In doing so, she destigmatizes the shame that comes with being under-mothered and misdiagnosed. McDaniel offers a healing path with powerful tools that include therapeutic interventions and lifestyle changes in service to healthy relationships. The constant search for mother love can be a lifelong emotional burden, but healing begins with knowing and naming what we are missing. McDaniel is the first clinician to identify Mother Hunger, which demystifies the search for love and provides the compass that each woman needs to end the struggle with achy, lonely emptiness, and come home to herself.

Practical advice on how to deal with the trauma of discovering that one's spouse or partner is a sex addict.

"Dr. Patrick Carnes is a creative, pioneering, and courageous human being. His books are changing the lives of thousands!" "I lost three marriages, all because of affairs." "I became suicidal because of multiple intense involvements." "I spent money on sex when I needed it for children's clothes." "I lost promotion opportunities and a special scholarship because my co-workers found out about my sex life." Every day they face the possibility of destruction, risking their families, fiances, jobs, dignity, and health. They come from all walks of life: ministers, physicians, therapists, politicians, executives, blue-collar workers. Most were abused as children--sexually, physically or emotionally--and saw addictive behavior in their early lives. Most grapple with other addictions as well, but their fiercest battle is with the most astounding prevalent "secret" disorder in America: sexual addiction. Here is a ground-breaking work by the nation's leading professional expert on sexual addiction, based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder. This essential volume includes not only the revealing findings of Dr. Carne's research with recovering addicts but also advice from the addicts and co-addicts themselves as they work to overcome their compulsive behavior. Positive, hopeful, and practical, *Don't Call It Love* is a landmark book that helps us better understand all addictions, their causes, and the difficult path to recovery.

The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States. The concept of sex addiction took hold in the 1980s as a product of cultural anxiety. Yet, despite being essentially mythical, sex addiction has to be taken seriously as a phenomenon. Its success as a purported malady lay with its medicalization, both as a self-help movement in terms of self-diagnosis, and as a rapidly growing industry of therapists treating the new disease. The media played a role in its history, first with TV, the tabloids and the case histories of claimed celebrity victims all helping to popularize the concept, and then with the impact of the Internet. This book is a critical history of an archetypically modern sexual syndrome. Reay, Attwood and Gooder argue that this strange history of social opportunism, diagnostic amorphism, therapeutic self-interest and popular cultural endorsement is marked by an essential social conservatism: sex addiction has become a convenient term to describe disapproved sex. It is a label without explanatory force. This book will be essential reading for those interested in sexuality studies, contemporary history, psychology, psychiatry, sociology, media

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studies and studies of the Internet. It will also be of interest to doctors and therapists currently working in this and related fields.

Sex addiction is on the increase - in the media as well as in the therapy room. But while more and more people seek help for their compulsive sexual behaviours, there is still confusion and debate about whether the condition even exists. *Understanding and Treating Sex Addiction* explains why an increasing number of people are inadvertently finding their lives devastated by their sexual behaviours. It explores the latest scientific understandings and research into why pornography, cyber sex, visiting sex workers, fetishes and multiple affairs can come to control some people's lives to the point that they can't stop. It explains how sex addiction is not a moral issue, as some assume, but a health issue that we as a society need to start taking seriously. Throughout the book are the revealing statistics from the UK's latest survey on sex addiction. Three hundred and fifty people who struggle with this condition have bravely and candidly shared their experience for the benefit of their fellow sufferers and those who choose to help them. This book contains support and advice for both the clinician and for those who suffer from sex addiction. As well as practical guidance and techniques for stopping compulsive behaviours and preventing relapse, there is also a thorough exploration of the deeper underlying causes and how these must be addressed.

When your partner betrays, what are the first steps to picking up the pieces of your shattered heart? Many unsuspecting people wake up every day to discover their loved one, the one person whom they are supposed to trust completely, has been living a life of lies and deceit because they suffer from a disease-sex addiction. This is a disease shrouded in secrecy and shame. This is your go-to-guide for what to do when you discover your partner is a sex addict. Each chapter is based on frequently asked questions by partners such as: Should I Stay or Should I Go? Is This Going to Get Better? How Do I Set Boundaries and Keep Myself Safe? and What Should I Tell the Kids?

With frank honesty, *False Intimacy* offers realistic direction to those whose lives or ministries have been impacted by sexual addiction while examining the roots behind these behaviors. This compelling book examines different aspects of sexual addiction, including shame, purity, and forgiveness, while exploring one's true identity and God-given sexuality.

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