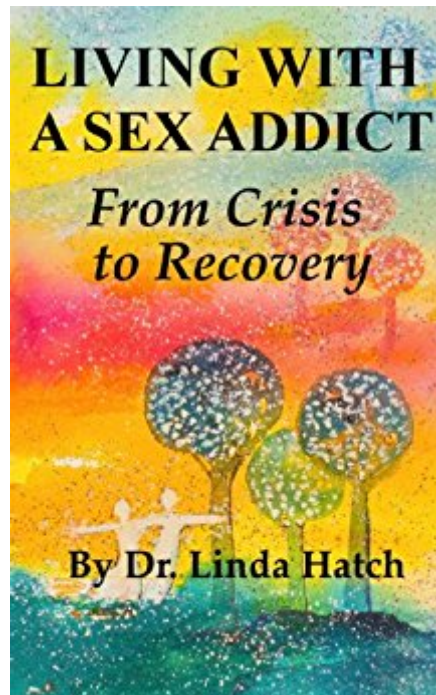




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# Living With A Sex Addict: The Basics From Crisis To Recovery



## Synopsis

This work is intended as a basic guide to various situations that arise as partners of sex addicts encounter sex addiction and proceed on the difficult road to recovery, whether or not they stay together in the end. I have highlighted a few of the most common experiences during each phase of the process and have attempted to present some useful ideas and information about what to expect.

## Book Information

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## Customer Reviews

Absolutely the most helpful guide on what the partner/spouse and addict should do that I have encountered. I read the whole book from start to finish in about 1.5 hours and plan to read it often. The author provides a clear perspective about what the partners experience during each of the stages from discovery to recovery and provides realistic expectations on what is or is not acceptable. I found this to be well thought out and well laid out. Most helpful to me was the empowering insight on the fact that most partners have more leverage than they realize and how to use it in a healthy way which helps propel the addict and betrayed partner towards healing. Included

are very carefully laid details about which support options are appropriate and when. My initial reactions led us to seek a CSAT therapist who advised individual counseling initially which we agreed to because we both acknowledge that we have no idea what steps to take to move forward. The therapist recommended individual therapy, 12 step support groups along with a sponsor and several books. We were not so sure the individual therapy recommendation was the correct route initially however, after reading this book I completely understand now why it is necessary. The hardest part of this book was reading that there was something about me and also the relationship which drew the addict to me even though I did not deserve the betrayal or betrayals. After careful reflection in my 12 step process, I had to admit at least on my end there was some truth to that statement. I have my own abandonment and attachment issues which provided fertile ground for an addict to easily manipulate. I need to work on irregardless of whether the addict and I actually remain in a relationship. Of great value is also the way the author positions the reality that therapy will change both individuals for the better and that it is perfectly acceptable that the two individuals may not end up together as a couple at some point. I don't know why but I felt an incredible burden lifted off of my shoulders just from acknowledging that. I do believe this book may have just rejuvenated my hopes that we can actually make it whereas before I was not so sure I actually wanted to overcome this. Other topics covered that are invaluable is the fact that the whole process from crisis to recovery can take anywhere from three to five years, likely outcomes of what life with an addict might look like after recovery (very helpful) and a thorough understanding that the partner has to legitimately go through the stages of grief. I can't recommend this book enough and the one review which complained that this book was written from the perspective of a recovering addict is missing out on the invaluable insights that the author provided.

Excelent book, you learn a lots about this adiccion.

As a sex addict I found this book interesting although it is intended for people who are married to a sex addict. It manages to hit the high points of dealing with sex addiction in an existing relationship gives some glimpses into what issues arise if the relationship continues. On the whole it is positive and optimistic.

This book is concise and well written. It answered many questions that I had regarding my partner's behavior and admission. The author's advice and explanation gave me comfort and provided material that made sense. It gave me comfort and a base from which to move forward. I recommend

this book.

This is the first book I have read on this subject. As a partner of a sex addict, the information in this book gave me insight and hope. It helped me open my eyes to the reality of my situation.

Great book that is informative, succinct and helpful in guiding a person through such rough situations.

"Living with a Sex Addict: The Basics from Crisis to Recovery" answers all the initial questions clearly and quickly. No statistics, no "here's all about my research before I give you the results". This is *\*answers\** to your initial questions, like "What do I do now that I know?", "What should the addict do?", "What kind of treatment is there?", and the more personal ones, like "Is this cheating?", "Should I divorce the addict?", "What did I do wrong?", "Should we have sex?", and the rest. There's even "If we stay together, what will it look like?" It's quick, it's clear, and it's full of what you really need to know - and nothing else. I think all sex addiction therapists - and you want *ONLY* therapists with *\*training\** in sex addiction (because the addict will be able to fool any other therapist) - should have stacks of this book handy and should hand one to each and every partner they see. (And each addict, too, because I don't think there's anything else as clear and quick about what treatment they really need.)

No one chooses to have a sexual addiction. It is no laughing matter. Offers understanding and hope to wounded partners.

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