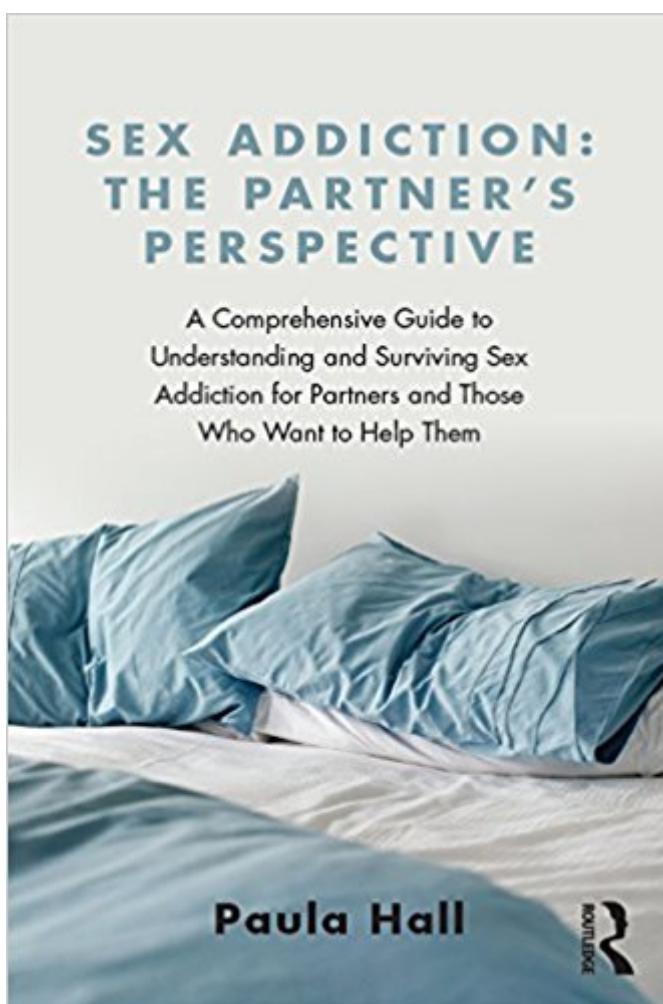


The book was found

Sex Addiction: The Partner's Perspective: A Comprehensive Guide To Understanding And Surviving Sex Addiction For Partners And Those Who Want To Help Them





Synopsis

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.

Book Information

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Customer Reviews

My partner I split 8 months ago after I found that he had not only been struggling with relapse on drugs on and off over the last few years but he had had a permanent girlfriend as well as sexting others and up on a swinging site and chat room. I am no dummy but it blew me to bits. I had no idea of the extent of his secret life. This book has been the most helpful thing I have read. I spent months barely able to function and still have bursts of anxiety, feel disconnected and have moments of flash back to the shock. This book has made me feel better about these things. That other people have reacted in the same way. I had no real experience or understanding of sex addiction, I had only thought his problem was drugs. A great book.

I've been on this pain filled merry-go-round for 44 years. I've researched, read and sought counseling... finally a book that 'gets' the unique struggle of life with someone addicted to porn. It has expressed my conflicted emotions in an incredibly helpful way.

Extremely helpful for the therapist as well as family members!

Useful and healing.

Finally a book that does not condemn the wife!

I have read many books on recovery from sex addiction for partners and this book was a God send! It validated my feeling of just how hard and devastating recovery is but also gave hope for the future! A must read for partners of sex addicts.

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