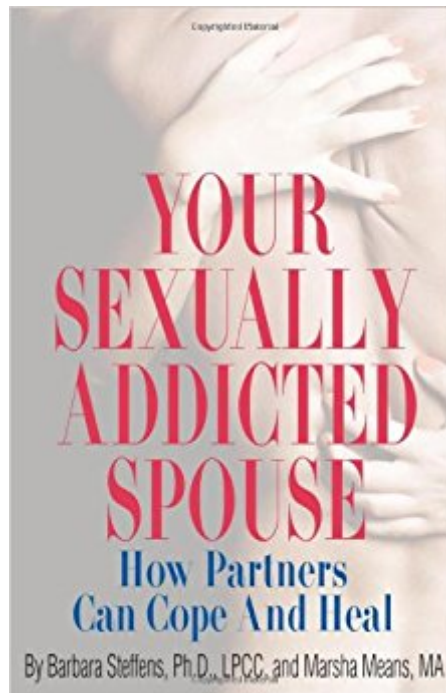




The book was found

Your Sexually Addicted Spouse: How Partners Can Cope And Heal



Synopsis

Sexual addictions and compulsive sexual behavior are growing societal problems, with as many as three to six percent of the world population affected. *Your Sexually Addicted Partner* shatters the stigma and shame that millions of men and women carry when their partners are sexually addicted. They receive little empathy for their pain, which means they suffer alone, often shocked and isolated by the trauma. Barbara Steffens' groundbreaking new research shows that partners are not codependents but post-traumatic stress victims, while Marsha Means' personal experience provides insights, strategies, and critical steps to recognize, deal with, and heal partners of sexually addicted relationships. Firsthand accounts and stories reveal the impact of this addiction on survivors' lives. Chapters end with "On a Personal Note" • questions and propose new paths that lead from trauma to empowerment, health, and hope. Useful appendices list health and mental health care providers and clergy.

Book Information

Paperback: 224 pages

Publisher: New Horizon Press; 8.11.2009 edition (August 25, 2009)

Language: English

ISBN-10: 0882823094

ISBN-13: 978-0882823096

Product Dimensions: 0.8 x 5.5 x 8.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars • See all reviews (119 customer reviews)

Best Sellers Rank: #30,764 in Books (See Top 100 in Books) #2 in Books > Parenting & Relationships > Family Relationships > Extended Families #15 in Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #67 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality

Customer Reviews

Well, they say WE, the devastated are to read everything we can get our hands on to understand THEIR DISEASE. So, I did that. I read and read, with what felt like two broken legs, two broken arms, an eye patch, a brain injury, cracked sternum, and perforated heart. (Emotionally speaking that is.....) All that came of the books I read on this subject was even MORE TRAUMA. This is the ONLY book out there folks to read if you are feeling the lowest low of your life due to the betrayal. If you are sitting there with an STD and a heart made of swiss cheese, an addict that is still

righteous in their wrongness "crazymaking", who looked on line at things that you didn't even know existed? If you can barely get your kids to school, remember where you put your keys, don't care to put makeup on or go to the grocery store to trigger off a darned magazine cover- if this is you,buy this book. Actually, buy atleast three if you can afford it, and I will say why: The first one, you will probably mark up and underline to death.(don't want our addict to see how much we despise them in our notes- (or we would be called shaming, and toxic) If you are triggering off the whole world after disclosure you need this to validate that you are exactly where you are supposed to be in this stage of grief and trauma. The second one, you will want your addict to read in helping them GET IT - which will also aide them in their fourth step - which is where they are supposed to be able to see what all they have done, and with whose blood they paid the bill with - (which some never will, but we try don't we- when we have kids to these folks and arent sure if we do or don't have the strength to stay in this hell?

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