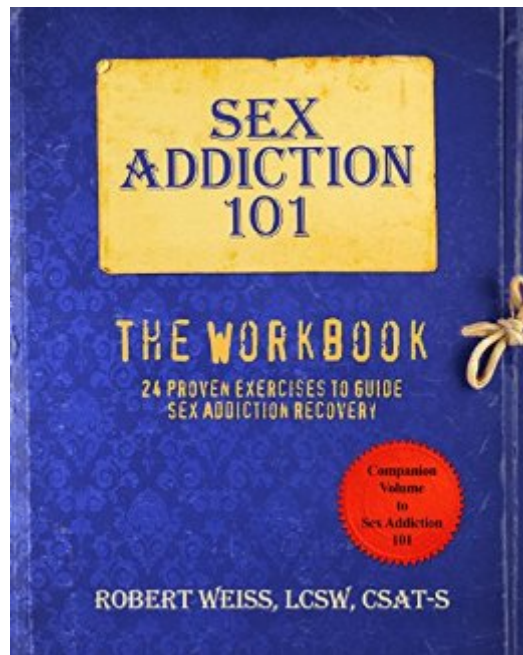


The book was found

Sex Addiction 101: The Workbook, 24 Proven Exercises To Guide Sex Addiction Recovery



Synopsis

Sex Addiction 101: The Workbook presents 24 updated and highly refined exercises specifically designed to guide recovering sex addicts through the process of healing. It is intended for use in conjunction with Rob Weiss's deeply informative full-length book, Sex Addiction 101: A Basic Guide to Healing from Sex, Love, and Porn Addiction. That more traditional book gives in-depth information about the nature, causes, and treatment of sexual addiction. Meanwhile, this workbook delivers concrete tasks and reflective questions designed to help recovering sex addicts establish and maintain sexual sobriety, and to live a more serene and fulfilling life. For simplicity and clarity, the exercises in this workbook are divided into five basic sections, each designed to walk recovering sex addicts through a different phase of healing.

- Section one gets readers started on the pathway to recovery, helping them develop a personalized definition of and plan for sexual sobriety.
- Section two helps sex addicts better understand the various facets and nuances of their addiction.
- Section three focuses on relapse prevention, in particular the development of coping skills that can help recovering sex addicts stay sober no matter what.
- Section four starts readers on the "next step" of healing by identifying and addressing the underlying issues that drive their addictive behavior.
- Section five addresses life in sobriety, including dating and developing a happier, more well-rounded life.

Without doubt, Sex Addiction 101: The Workbook, is the most up-to-date, concise, and complete guidebook to sexual recovery and a life of sexual health and fulfillment. The exercises presented in this workbook are built on research-based addiction treatment methods and the author's twenty-plus years of professional experience as a sex addiction treatment specialist. Over the years and in various forms these exercises have helped thousands of men and women heal from sex, porn, and love addiction, creating lasting sobriety and a surprisingly great (yet non-compulsive) sex life.

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Customer Reviews

Written for the public and counselors alike, has great exercises and presents the material in an easy to follow manner. Robert Weiss is an expert in sex addiction treatment and the knowledge comes through. Highly recommended.

Amazing, compassionate, straight-forward, cutting edge information, and well organized. I can't wait to use this book in my practice.

Thank you Rob Weiss for your continued leadership and support of all of us doing this work. This is a simple, easy to use resource that is a great supplement to the Carnes materials.

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