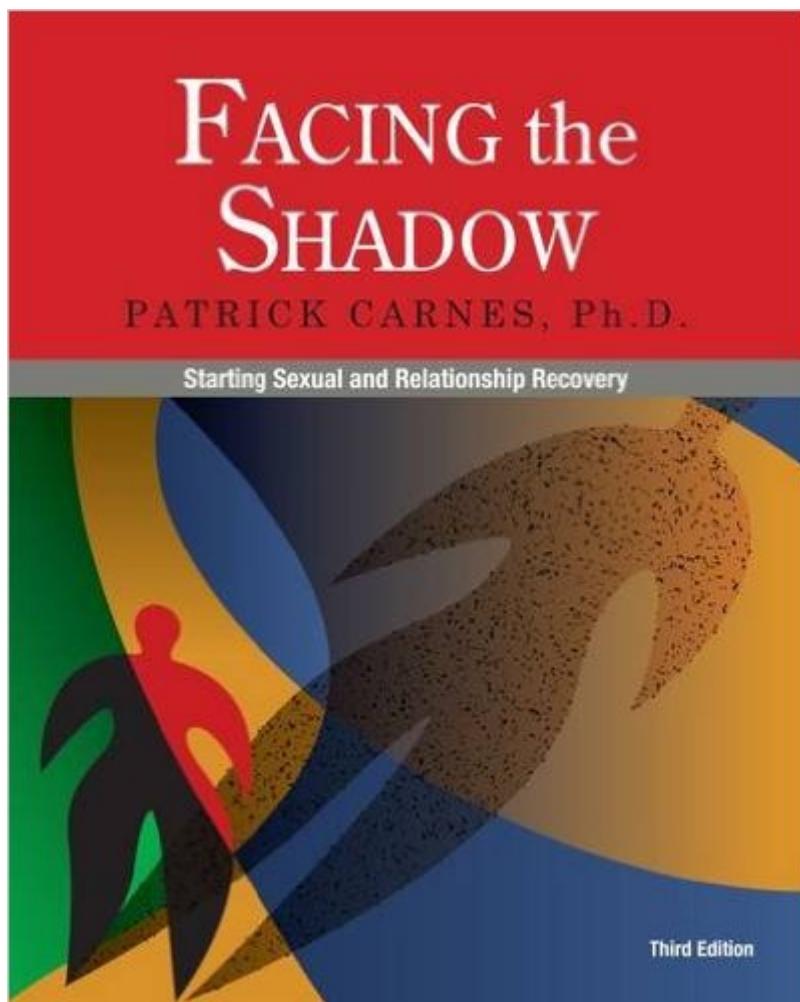


The book was found

Facing The Shadow [3rd Edition]: Starting Sexual And Relationship Recovery



Synopsis

For all addicts, a moment comes when they realize they have a problem. There is sudden clarity—the insight that life has become unmanageable. That moment, however, is fragile. It is easily lost to craving and denial. People struggling with sex addiction find the old refrains creeping back into their thinking: My situation is different. . . . This will all blow over. . . . People are over-reacting to my behavior. Or, This is hopeless. I'm just too perverted to change."If any of those thoughts occur to you, you are exactly where you should be," notes Dr. Patrick Carnes in the introduction to *Facing the Shadow*. Starting with those gentle words, he guides readers through a series of reflections and exercises that pierce denial and light the path to healing from sex addiction. *Facing the Shadow*, used by thousands of therapists with their clients, is based on the thirty-task model of recovery from addiction that forms the basis of Carnes's work. This newly revised and expanded edition takes readers through the first seven of those tasks, including specific performables that are built in to the exercises. The model also supports Twelve Step recovery programs. Patrick Carnes, PhD, is a therapist, speaker, trainer, and author whose books include *Out of the Shadows: Understanding Sexual Addiction*, *A Gentle Path Through the Twelve Steps*, *Contrary to Love: Helping the Sexual Addict*, and *Don't Call It Love: Recovery From Sexual Addiction*.

Book Information

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Customer Reviews

This is a great book to guide you in your fight. There's a lot of material to get through (exercises) and you'll want to go back and redo most of them as additional thoughts come to mind. I'd

recommend taking your time as you go through this. It's not a quick one-and-done deal that you want to rip through; instead, I'd recommend a thoughtful approach that involves some deep soul-searching.

The workbook format is easy to use and any category that does not apply can be passed by without invalidating the efficacy of the program of recovery. A truly effective and useful tool.

I liked!

This book is incredible! It has helped me in ways I never would have anticipated. I actually use it as a means to prepare my sponsees for recovery and to get them moving along in recovery.

Excellent workbook for the sex addict. Loads of information and worksheets to guide you through the process of recovery.

Best book for those at the beginning of the recovery journey.

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