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Sex Addicts Anonymous



Synopsis

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction.

Book Information

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Customer Reviews

There is an E-BOOK version and also a Pocket-Size version, which you can get only through SAA's own website store. Go to saa-recovery.org (or just search for "sex addicts anonymous"), and then select the "Store" tab. The e-book version works on any e-book reader software or device. The smaller "pocket" size version of the book has everything except the personal stories. ps: Please select the button that says you found this review helpful, so that it will rank high enough for others to see about the e-book availability.

If you struggle with sexual addiction, porn addiction, affairs, etc., this is a must for you to read. Takes reader through the 12 steps. Read the book and find a Sex Addicts Anonymous group to attend if you really want help.

This book goes into such depth on the subject that it will take quite a while to finish. You don't just read it from cover to cover...you try to live it as best you can as you go. It has definitely shined a light

on my addiction and for that I'm thankful. Personally, I'm not into referring to the God of the universe as your "Higher Power", but I am into developing a closer and closer relationship with God through the person of Jesus Christ. This book has helped towards that end by literally attacking the sexual junk in my life. I can now see light at the end of the tunnel.

This book is the official "big book" of Sex Addicts Anonymous, a 12-step support group for those who identify themselves as sex addicts or having a desire to stop compulsive sexual behavior. It was written and edited by members of SAA and officially approved by SAA's guiding bodies. This book is meant to be an aid in working the 12-step program of SAA, and contains sections on "defining abstinence," "healthy sexuality," and other topics relevant to the program. It also features a large number of personal "before and after" stories of SAA members. The material in this book is a continuing source of information and support to the sex addict in recovery. As we read and reread portions of the "green book," we find ever-deeper meaning in the collective wisdom of recovering sex addicts.

This is a cornerstone piece of the recovery process. I highly recommend this for anyone who is serious about overcoming sex addiction.

This book takes you through the 12 steps of AA except it is written for the sex addict. It is very enlightening. Sex addiction can take many forms from porno to prostitution. Like alcoholics, you may not recognize that you are addicted. One must first see your problem before one can attempt to tackle their problem. I believe with the advent of porno on the internet, we have created a new kind of outlet addiction.

I can say that I have read this book and found a lot of acceptance and understanding. Reading the steps was helpful, but the other chapters and personal stories are the most helpful. The chapters on withdrawal and other symptoms let me know that what I was experiencing is normal and gave me an idea of what to expect. There are other "S" fellowships, as they call them (sexual addiction), and I have read some of their literature and that is helpful too. If you think you may be struggling in this area, do yourself a favor and buy this book. Take what you can and leave the rest. I appreciate the cover, anonymity!

Thank you for having this on. It's a much more widespread condition than anyone is willing to

admit. Not enough resources but this is definitely the top!

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