



Facing the Shadow: Starting Sexual and Relationship Recovery: A Gentle Path Workbook for Beginning Recovery from Sex Addiction

Patrick J. Carnes

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This text takes techniques used by thousands of people recovering from sex addiction and shows, in a step-by-step manner, how to break free of this disease and live a healthier, more fulfilling life. Each of this hope-filled workbook's chapters sets the stage for the recovery tasks at hand, before providing practical, easy-to-follow exercises specifically designed to help understand and address them. Topics covered include: why denial is so powerful and what can be done to counter it; how to face the consequences of behaviour using recovery principles; how to respond to change and crisis; how to manage life without dysfunctional behaviour; and how spirituality and recovery are interwoven.

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