



Sex Addiction 101

Robert Weiss

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The number of affordable, easy links to pleasurable sexual online content is on the rise. Activity increases with the accessibility of technology. So, too, has sex addiction. People struggling with sex, porn, and love addiction typically have little understanding of this incredibly complicated disease. *Sex Addiction 101* covers everything from what sexual addiction is and how it can best be treated, to how it affects various subgroups of the population such as women, gays, and teenagers. The book also provides sex addicts with strategies to protect themselves from the online sexual onslaught. *Sex Addiction 101* is intended to enlighten the clinical population as well as actual sex addicts and their loved ones. Along with his mentor Patrick Carnes, Weiss has become the face of and driving force behind understanding and treating sex addiction; this book should be a core title in every addiction collection.

Sex Addiction 101 Details

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Author : Robert Weiss

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From Reader Review Sex Addiction 101 for online ebook

Sandra says

Sex addiction is not just a myth and it's not fun. The author has a clear writing style that is easy to read. From this book I learned that addiction it's complicated and there is no easy answer, but recovery is possible. I highly recommend this book for sex addicts and their families, and for other people who are interested in learning about this topic.

Thank you Netgalley for this book.

Lk says

Defines the general term of addiction, common traits of sex addicts, and the process that an addict can take to heal from this addiction in the long term. Reflect back if you are stuck again.

Surprisingly a pretty easy read for me. Took less than a week to finish.

Judy says

A dreary addiction, this book offers hope. The movie 'Shame' directed by Steve McQueen is also very good for showing the progressing of the disease.
