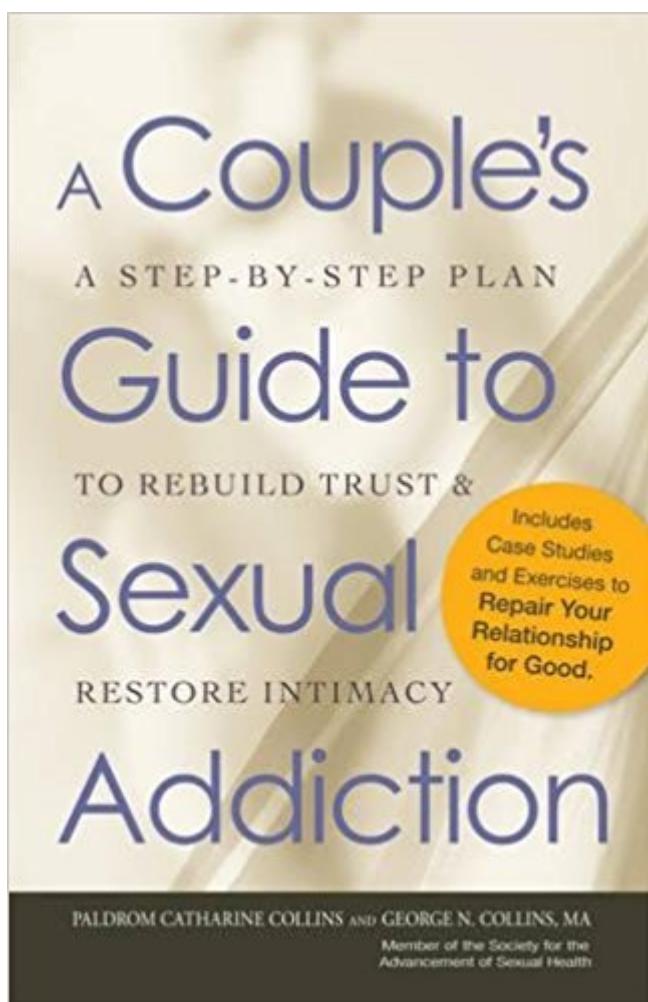


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# A Couple's Guide To Sexual Addiction: A Step-by-Step Plan To Rebuild Trust And Restore Intimacy



## **Synopsis**

Like other psychiatric disorders, sexual addiction is a condition that affects peoples' relationships with others as much as it affects their own mental state. Individuals suffering from sexual addiction typically pursue sex through any means possible and often engage in risky forms of sexual activity such as exhibitionism, promiscuous sex with multiple partners, online sex, etc. It's easy to see how a couple's relationship may be challenged by the manifestations and reality of a disorder like this one. A Couple's Guide to Sexual Addiction discusses common relationship issues within the context of sexual addiction and provides the reader with exercises, information, and advice on the following topics: Trust, Communication, Healthy sexuality & sexual behaviors, Family. By understanding the reality of sexual addiction and what it means for a relationship, couples will be able to better relate to each other and plan for a successful future.

## **Book Information**

Paperback: 256 pages

Publisher: Adams Media (December 18, 2011)

Language: English

ISBN-10: 1440512213

ISBN-13: 978-1440512216

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 13.9 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 20 customer reviews

Best Sellers Rank: #190,460 in Books (See Top 100 in Books) #75 in Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #183 in Books > Health, Fitness & Dieting > Mental Health > Codependency #613 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

## **Customer Reviews**

"I think this book is a great read for anybody struggling with sexual addiction: both partners, the one who 'has' sexual addiction as a pattern & the one dealing with the effects of that on the relationship. For me it was a useful book because it looks in depth at how healthy relationships work."

"review on wizzley.com""I'm in awe with the information & real life stories I read in this book. It's intriguing & was a book that was hard to put down. I had no idea sexual addiction could be so complicated & most importantly, are they willing to take hold of the situation & repair damaged relationships as a result." Review on Blogfully.net

Paldrom Catharine Collins helps couples work through their sexually addicted relationships at Compulsion Solutions, an outpatient counseling service. Previously a Buddhist nun, she is married to a former sex addict. For the past 7 years, through her depth of awareness, sensitivity and her kind & compassionate qualities, she has been integral in helping individuals & couples find more love, deeper peace & meaning in their lives. She lives in Pleasant Hill, CA. George N. Collins, MA is a former sex addict and founder and director of Compulsion Solutions, an outpatient counseling service that addresses sexually compulsive behavior. George is also a professional member of the Society for the Advancement of Sexual Health. He lives in Pleasant Hill, CA. Find him at [CompulsionSolutions.com](http://CompulsionSolutions.com).

Needs to be out in paperback. Too good to keep locked up electronically. Has practical exercises for discovering what went wrong in the relationship. Is honest enough to say women objectify themselves and each other. Includes flirting (advertising sexual availability) as sexualization behavior to be included in disclosure. Acknowledges that the immense pain of the partner and shame of addict are emotions to be processed repeatedly. Links how family of origin role modeling of relationships dictate present relationships in a simple way. Clear, actionable, comprehensive and hopefilled.

I cannot express how refreshing it was to see how the problems that I have been dealing with my entire life and for the 26 years that I have been married were so eloquently laid out in this book. When reading this book Paldron breaks down in practical terms what a sex addict is and all of the behaviors associated. Once she has done this Paldron clearly lays out what is needed to be done to put back or in my case create the foundations of a healthy and functional relationship. The book is written in practical and day to day terms and is not theoretical. Being a sex addict for my entire adult life and having a dysfunctional marriage I feel this book has helped me find something I never had which is love and intimacy.

The book was a great guide of how to get through a challenging situation

Trying to put Humpty Dumpty together again is how I can best describe my marriage to a sex addict. If you decide to try and put it together again, where do you start? Surround yourself with a ton of support and read books like this. It's a great guide for couples trying to recover from such a taboo

and insidious addiction. The Collins have provided a simple (not always easy) guide to help couples navigate and endure the slow, difficult, and often painful process of rebuilding a relationship. Thank you Paldrom and George!!!

I have read this book twice and started all over again. after being in recovery this makes every day easier

Free at book, informative and well developed. A must read for couples coming to grips with addictive behaviors. Critical in finding the path necessary to rebuild trust and gain forgiveness.

This book is written in a straight forward, intelligent and organized style. The author tells it like it is with wisdom. The organization of each chapter not only makes for easy reading but provides clarity and comprehension of a most difficult situation that one faces in their life. I particularly liked at the end of each chapter how the author summarized and then offered what to expect in the next chapter. I will re read this book several times over until I can easily put to use the information provided. I thank the author for writing this book which I view as an anchor or life saving device to keep me afloat during these difficult times of reconciliation.

The book offers a lot of good information that can help guide others in this type of situation. Can help you understand the problem & ways to build your future

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