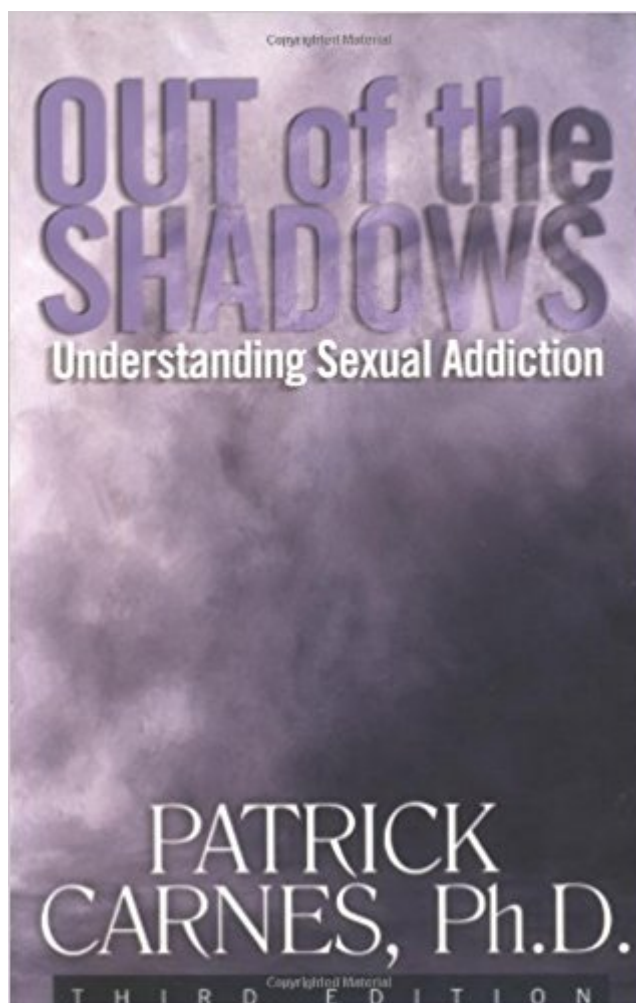


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# Out Of The Shadows: Understanding Sexual Addiction



## Synopsis

With the revised information and up-to-date research, *Out of the Shadows* is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. *Out of the Shadows* is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

## Book Information

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## Customer Reviews

"We recommend Patrick Carnes's *Out of the Shadows*...to every sex addict and codependent we treat...This (book provides) a tremendously powerful experience, helping both sex addicts and codependents realize that they are not alone and not destined to eternally be at the mercy of the disease."--Dr. Ralph Earle and Dr. Gregory Crow, *Lonely All the Time*"*Out of the Shadows* has become a guidebook for sufferers and counselors alike."--Roda Salter, *Keene Sentinel*

Patrick J. Carnes, PhD, is an internationally known authority and speaker on addiction and recovery issues. He has authored over twenty books including the bestselling titles *Out of the Shadows: Understanding Addiction Recovery*, *Betrayal Bond*, *Don't Call It Love*, *The Gentle Path Through the*

Twelve Steps and The Gentle Path through the Twelve Principles. Dr. Carnes' research provides the architecture for the "task model" of treating addictions that is used by thousands of therapists worldwide and many well-known treatment centers, residential facilities, and hospitals. He founded IITAP (International Institute for Trauma and Addiction Professionals), which provides CSAT (Certified Sex Addiction Therapist) training and certification as well as cutting-edge information for addiction professionals. Dr. Carnes currently serves as a Senior Fellow and Executive Director for the Gentle Path Program at The Meadows in Wickenburg, Arizona. For more information on his work and contributions: [www.patrickcarnes.com](http://www.patrickcarnes.com). You can also find him on Facebook and Twitter: @drpatrickcarnes.

An excellent book explaining sexual addiction of both the addict and the coaddict. The life of both contributes to their addictive world. It helps people understand the addictive system: faulty core beliefs, impaired thinking, compulsive behavior and the unmanageability that creates its own momentum isolating the addict further and the coaddict too. In reading this book, I understood my ex-husband and my role in this addictive cycle. If you are touched by sexual addiction, this is a must read book. Dr. Carnes brought me out of the shadows for sure.

This book is a great first reading for understanding sexual addiction, including the basic belief principles and addiction cycle of addicts. My favorite part was being shown how the "12 steps" relate to and change the beliefs. The least helpful to me was the discussion of co-addiction, and the lack of coverage of the spouse or family member who is not a co-addict, but who is nonetheless affected and devastated.

I purchased this book, because I have been married to two husbands who were sex addicts and I was curious why we could never share intimacy (in all honesty, I thought something was wrong with me). Although I knew something was off, I just couldn't put my finger on it. I'm very grateful that this book was available. It has opened my mind up to the why's, when's and how to overcome the shame and guilt I feel as a spouse. I'm currently separated from my second husband and raising my 11 yr old son as a single parent. This book will help me to help him navigate through his growing pains and to learn how to go through the pains of life without substituting sex for real love. Thank you again for writing such a powerful book.

Out of the Shadows was well written and informative. It helps to explain why those with sexual

addiction do what they do. I don't like the theory that they can't help it or that they are too ashamed to get help--but I don't believe that has any bearing on the content written by this author.

This is the 3rd edition of this book by Dr. Carnes, and he takes on an issue that few are willing to even acknowledge, let alone discuss. Sexual addiction and all of the problems it creates, both personally and in society, destroys families, lives, and fills our jails and prisons. He does not make light of the crimes committed and excuse them by simply calling it an illness, but he does allow that for the overwhelming majority, there is hope through therapy and groups. These addictions and problems have roots buried deep, but they can be uncovered and dealt with to avoid furthering the cycle of abuse and addiction. I would recommend this book to anyone involved with sexual abuse therapy, whether as a victim, offender, or therapist. In light of a recent announcement regarding pornography not being harmful, the sociologists who ran that study should also take a close look at this material.

Its good if you are truly a sex addict.

Bought in both Kindle and paperback formats. The writing style is clear and easy to read. This is such a sensitive subject and Carnes handles it well.

This book is well written, and spoke to me as if Dr. Carnes was writing directly to me. I found his analysis and insights to be very strong, and enormously helpful. In, fact, since I have read only about half the book, I can say in all honesty that it has already achieved its purpose in helping me, and by understanding my own behaviors and mental processes I have gained a new calm and a real release of pressure in my own life that represents a radical transformation in thought and attitude and action. I would highly recommend this book for anyone who is struggling with or is concerned they are struggling with sexual addiction, for it can help you both determine where you are at and how to proceed from there. Simply knowing was tremendously freeing to me.

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