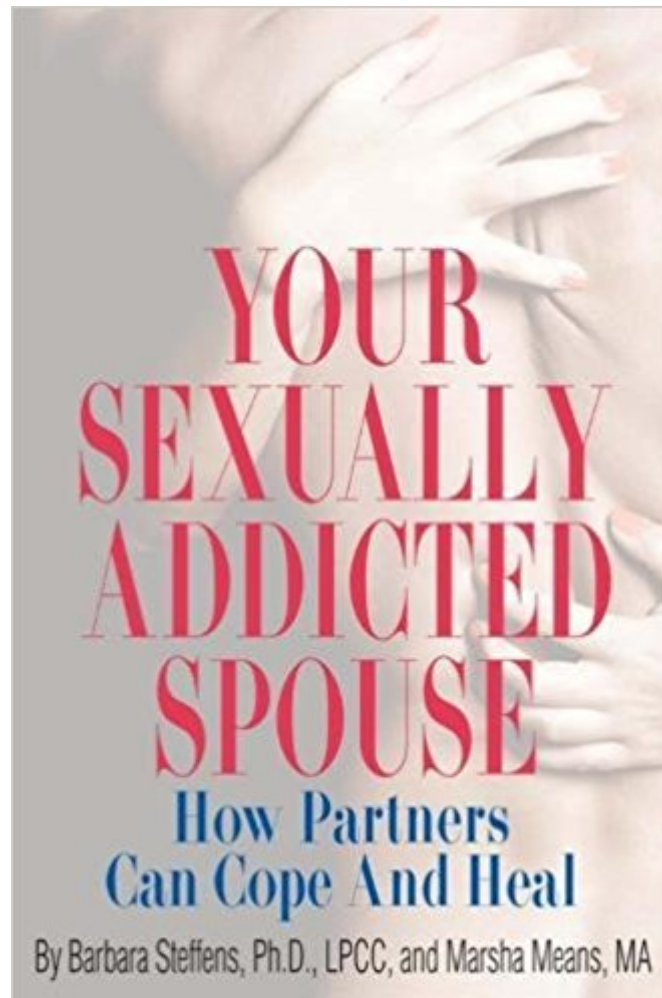




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Your Sexually Addicted Spouse: How Partners Can Cope And Heal



Synopsis

Sexual addictions and compulsive sexual behavior are growing societal problems, with as many as three to six percent of the world population affected. *Your Sexually Addicted Partner* shatters the stigma and shame that millions of men and women carry when their partners are sexually addicted. They receive little empathy for their pain, which means they suffer alone, often shocked and isolated by the trauma. Barbara Steffens' groundbreaking new research shows that partners are not codependents but post-traumatic stress victims, while Marsha Means' personal experience provides insights, strategies, and critical steps to recognize, deal with, and heal partners of sexually addicted relationships. Firsthand accounts and stories reveal the impact of this addiction on survivors' lives. Chapters end with "On a Personal Note" questions and propose new paths that lead from trauma to empowerment, health, and hope. Useful appendices list health and mental health care providers and clergy.

Book Information

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Customer Reviews

"This sensible and authoritative guide will serve as a comforting source for those with a sexually addicted partner and as a resourceful approach for counselors." ---Library Journal --This text refers to the Audio CD edition.

Barbara Steffens, PhD, LPCC, has specialized in the area of sexual addiction and providing help for the partners of sexual addicts since 1999. At her practice in Cincinnati, Ohio, Safe Passages

Counseling, she provides individual and group counseling, as well as coaching for partners of sexual addicts. Trained as a marriage and family therapist, Marsha Means, MA, writes and speaks on the topic of sexual addiction. She is the author of *Journey to Healing & Joy: A Workbook for Partners of Sexual Addicts*. Randy Kaye is an accomplished voice talent, actress, singer, broadcaster, and author. She received a Listen-Up Award nomination and starred reviews for *Ben Behind His Voices*, which she also wrote, bringing together the various facets of her career. --This text refers to the Audio CD edition.

This book helps the person who loves the sexually addicted partner to heal and understand more clearly that they have been exposed to an intimate trauma. The healing of this kind of betrayal and trauma begins with this book. I highly recommend it.

This book changed my life. It gave me a framework to understand the trauma I had lived through and direction to pursue healing. I am very grateful to Barb Steffens and Marsha Means for sharing their discoveries with us and saving me years of fruitless searching for help and hope. I have found both now.

Excellent book. As an addict who just disclosed his disease to his wife, it gave me an eye-opening insight into the damage I've caused. I wish I had read it years ago, perhaps it would have pushed me to get help earlier.

Learning of a spouse's sexual addiction can be traumatizing. Though that may sound like an understatement it is a component of recovery that is not addressed as well as it needs to be. What might at first appear to be co-addiction or codependence might be symptoms of trauma. When the model of co-addiction or codependence does not seem to fit it is worth exploring what Barbara Steffens presents in this book.

Dr. Steffens use of the trauma model for partners of sexual compulsives is powerful. Her explanations are meaningful. Her work and research are must reads for therapists and partners trying to understand this addiction which is becoming increasingly prevalent with the spread of pornography , etc. In our society today.

This is best book for partners of sex addicts. It's a must reading.

I couldn't stop reading it once I started. It was like my life jumped out of the pages. Thank you. I thought I was alone.

This book has saved my sanity!! A must read for trauma victims of spousal sexual addiction!!

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How to Help Your Spouse Heal From Your Affair: A Compact Manual for the Unfaithful
Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days
Getting Past the Affair: A Program to Help You Cope, Heal, and Move On -- Together or Apart
CLEANING UP YOUR HOUSE ON 2 WEEKEND DAYS OR 5 WEEKDAY NIGHTS: This is for your family's health - your living time - and to make your spouse only expects to be home after work.
Herpes Free Guarantee: How I Got Rid Of Herpes Completely Without The Use Of Drugs. Follow These Simple Steps And You Can Be Herpes Free (Cold Sore, Skin ... Simplex, Sexually Transmitted Disease, STD)
When Your Spouse Has a Stroke: Caring for Your Partner, Yourself, and Your Relationship (A Johns Hopkins Press Health Book)
Nutrient Power: Heal Your Biochemistry and Heal Your Brain
Saying Goodbye to Your Pet: Children Can Learn to Cope with Pet Loss
Emotional and Sexual Intimacy in Marriage: How to Connect or Reconnect With Your Spouse, Grow Together, and Strengthen Your Marriage
Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIET
Heal Your Gut Too! Finding Your Way After Your Spouse Dies
How to Save Your Marriage - When Your Spouse Doesn't Want To (Growing in Love for Life Series Book 7)
Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies (Healing Your Grieving Heart series)
When Someone Very Special Dies: Children Can Learn to Cope with Grief (Drawing Out Feelings Series)
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