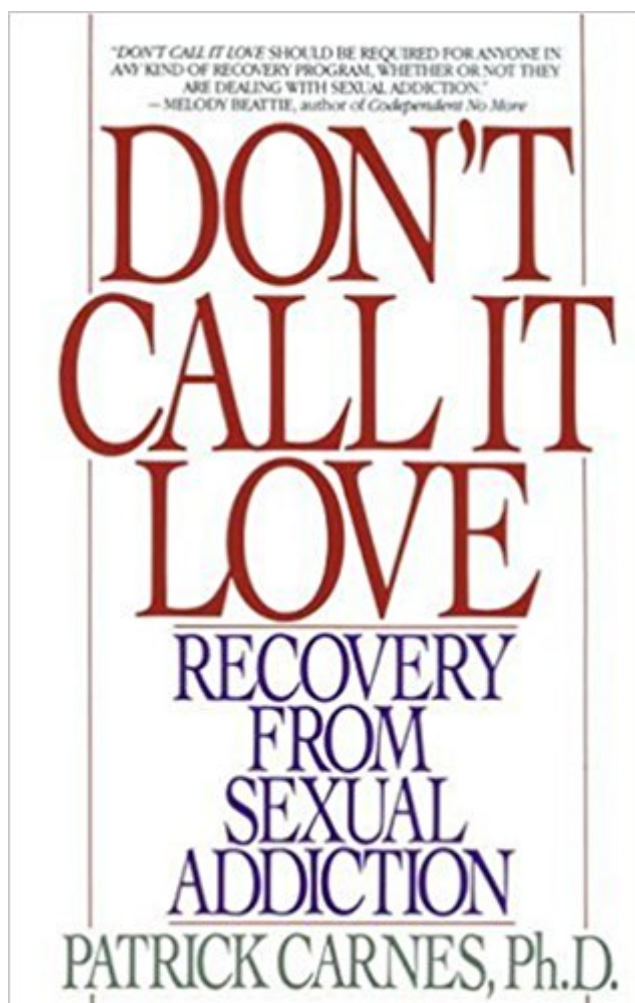


The book was found

Don't Call It Love: Recovery From Sexual Addiction



Synopsis

"Dr. Patrick Carnes is a creative, Ã     pioneering, and courageous human being. His books are Ã     changing the lives of Ã     thousands!" "I lost three marriages, all because of affairs." Ã     "I became suicidal because of multiple intense Ã     involvements." "I spent money on sex when I Ã     needed it for children's clothes." "I Ã     lost promotion opportunities and a special Ã     scholarship because my co-workers found out about my sex Ã     life." Every day they face the possibility of Ã     destruction, risking their families, fiances, Ã     jobs, dignity, and health. They come from all walks Ã     of life: ministers, physicians, therapists, Ã     politicians, executives, blue-collar workers. Most were Ã     abused as children--sexually, physically or Ã     emotionally--and saw addictive behavior in their early Ã     lives. Most grapple with other addictions as well, Ã     but their fiercest battle is with the most Ã     astounding prevalent "secret" disorder in Ã     America: sexual addiction. Here is a ground-breaking Ã     work by the nation's leading professional expert on Ã     sexual addiction, based on the candid testimony of Ã     more than one thousand recovering sexual addicts Ã     in the first major scientific study of the Ã     disorder. This essential volume includes not only the Ã     revealing findings of Dr. Carne's research with Ã     recovering addicts but also advice from the addicts and Ã     co-addicts themselves as they work to overcome Ã     their compulsive behavior. Positive, hopeful, and Ã     practical, Don't Call It Love is Ã     a landmark book that helps us better understand Ã     all addictions, their causes, and the difficult path Ã     to recovery.

Book Information

Paperback: 448 pages

Publisher: Bantam; Reprint edition (March 1, 1992)

Language: English

ISBN-10: 0553351389

ISBN-13: 978-0553351385

Product Dimensions: 5.2 x 0.9 x 8.3 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 70 customer reviews

Best Sellers Rank: #56,886 in Books (See Top 100 in Books) #24 in Ã     Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #31 in Ã     Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #148 in Ã     Books > Health, Fitness & Dieting >

Customer Reviews

In Carnes's diagnosis, sexual addiction is marked by compulsive, self-destructive behavior and takes many forms, such as child abuse, sadomasochism, reliance on erotic fantasy as a coping mechanism, obsession with one individual, anonymous sexual encounters or cycles of disastrous affairs alternating with sexual binging. Behavior therapist Carnes (*Out of the Shadows*) and fellow researchers targeted some 1000 sexual addicts and their "co-dependent" partners through surveys and interviews. Those who suspect that they may be sexually addicted, or know someone who is, should read this clear, helpful, well-organized guide. It shows that sexual compulsives come from all walks of life, and its advice-giving testimonies by recovered and recovering persons, combined with the author's clinical insights, point the way toward healing twisted relationships and reclaiming healthy sexuality. Copyright 1991 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"Dr. Patrick Carnes is a creative, pioneering, and courageous human being. His books are changing the lives of thousands!" "I lost three marriages, all because of affairs." "I became suicidal because of multiple intense involvements." "I spent money on sex when I needed it for children's clothes." "I lost promotion opportunities and a special scholarship because my co-workers found out about my sex life." Every day they face the possibility of destruction, risking their families, fiancÃ©s, jobs, dignity, and health. They come from all walks of life: ministers, physicians, therapists, politicians, executives, blue-collar workers. Most were abused as children--sexually, physically or emotionally--and saw addictive behavior in their early lives. Most grapple with other addictions as well, but their fiercest battle is with the most astounding prevalent "secret" disorder in America: sexual addiction. Here is a ground-breaking work by the nation's leading professional expert on sexual addiction, based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder. This essential volume includes not only the revealing findings of Dr. Carne's research with recovering addicts but also advice from the addicts and co-addicts themselves as they work to overcome their compulsive behavior. Positive, hopeful, and practical, *Don't Call It Love* is a landmark book that helps us better understand all addictions, their causes, and the difficult path to recovery." "This clear, helpful, well-organized guide... points the way toward healing twisted relationships and reclaiming healthy sexuality."--Publishers Weekly

Very informative. I bought this book as the author is considered the expert of experts. I won't bore you with my personal knowledge of betrayal related to sex addiction, which is also known as an intimacy disorder. In order for a person to deal with life a person with an intimacy disorder uses sex, whether it is porn, affairs, a combination of both. I like that this book was able to explain that an addiction is an addiction whether it is from alcohol, drugs, over-eating, gambling, sex, video games or the internet. This is a must read for anyone who thinks sex addiction is a part of a relationship whether as the SA or the partner of a SA. I've read a lot of books on sex addiction. This is one of the best. Out of the Shadows by Patrick Carnes is also an excellent book. Currently, I am reading Facing Love addiction by Pia Mellody. I highly recommend this book also. I bought all these books from

This book helped me begin to understand what was wrong with me after struggling for a lifetime to be free. I have since loved others of Carnes' work: Facing the Shadow, and A Gentle Path through the Twelve Steps. I did not finish reading Part I about what it means to become addicted. It was too graphic and I got the point without needing all of the stories. Part II was about the science and medicine of recovery and it gave me much hope. Also, the model of calling the spouse a coaddict is maybe a little outdated. The models of abuse victim and betrayal trauma have been much more helpful and effective to my wife.

It's a cool book. It does give insight to one's past or American society's fixation on sexuality. I will admit that it's a 70% of research based anecdotes (personal stories) and 30% applied successfully subjective (to each their own) self-help treatment. I do highly recommend it for those who been diagnosed as a "sex addict" also known as hypersexuality in DSM-5. However (there's always a smartass who says it), the coping methods may or may not work for you. Once more, to each their own.

Most important book I have read to date. I read this along with Sex Addicts Anonymous Green Book and this is a great complimentary asset.

GOOD INFORMATION

I ordered this book a few weeks ago because I am interested in becoming a sex therapist. I just finished my Masters in Clinical Mental Health and this is where I see my career going. I would totally

recommend this book to everyone regardless of being in the mental field or not.

Excellent work, well written, well sourced. Helped validate sexual addiction as a disease in the category of substance addictions, firing the same neurochemical pathways and employing the tools like shame and self loathing to keep the individual in the throes of the obsession.

This book is the great for those who want to understand sex/love addiction from a clinical perspective, while some of the information might be a bit dated it serves as a solid foundation on which to start your learning. Research has continued to expand the understanding of this form of addiction and it's myriad of manifestations. Dr. Carnes has published numerous books on this subject, however, this one was the watershed work on Sex addiction that legitimized this as a "real" affliction and a treatable disease. While it is readable by anyone, it is best suited for those in the fields of psychology/counselling or for those who appreciate the clinical details that back up the conclusions.

[Download to continue reading...](#)

Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Don't Call It Love: Recovery From Sexual Addiction Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive

Gambling,Roullette,Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Sex Addiction 101: The Workbook, 24 Proven Exercises to Guide Sex Addiction Recovery Sex Addiction Cure: How To Overcome Porn Addiction and Sexual Compulsion Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears Recovery from Sexual Addiction: A Man's Guide Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse (Instant Help Books for Teens)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)