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"Out of the Shadows" by Patrick Carnes is one of the best books on sexual addiction. Carnes says sexaholism transcend personality, gender, and socio-economic status. He defines sexual addiction as having a pathological relationship with sex and using it as a mood-altering drug.

Out Of The Shadows Understanding

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.

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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.

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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.

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