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Facing the Shadow is good work book for those of us that have some sexual addiction issues. It is definitely not for the light of

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heart. My therapist recommended that I get it and begin working through it. It gets incredibly deep and uncomfortable. However it really begins to break down the denial that we so often carry around.

Facing the Shadow: Starting Sexual and Relationship ...

Facing the Shadows continued that pioneering spirit as the first book to take techniques used by thousands of people recovering from sex addiction and show, step by step, how to break free of this disease and live a healthier, more fulfilling life. This second edition adds timely material on cybersex and new science about arousal.

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Facing the Shadow [3rd Edition] : Starting Sexual and Relationship

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Facing the Shadow is the innovative workbook that helps readers begin meaningful recovery from an often misunderstood addiction. This book guides readers through the first seven tasks in Dr. Patrick Carnes' researched-based thirty-task model of treatment—the most respected therapy model available for treating sex addicts.

Facing the Shadow: Starting Sexual and Relationship ...

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Starting with those gentle words, he guides readers through a series of reflections and exercises that pierce denial and light the path to healing from sex addiction. Facing the Shadow, used by thousands of therapists with their clients, is based on the thirty-task model of recovery from addiction that forms the basis of Carnes's work. This newly revised and expanded edition takes readers through the first seven of those tasks, including specific performables that are built in to the exercises.

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