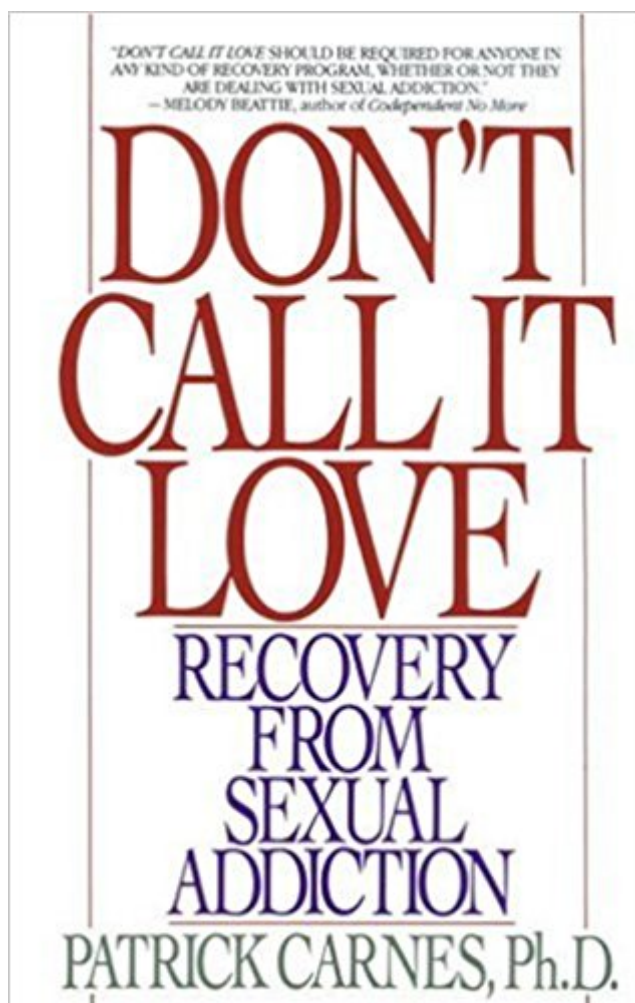


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# Don't Call It Love: Recovery From Sexual Addiction



## Synopsis

"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, fiances, 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.

## 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 Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #31 in Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #148 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality

## 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.

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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.

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