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Facing the Shadow: Starting Sexual
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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 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

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denial that we so often carry around.

Recovery

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Facing the Shadows continued that
pioneering spirit as the first book to
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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.

Facing the Shadow: Starting Sexual

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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.

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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

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