



**Sexual Addiction: The Complete Guide To  
Recovering And Treatment (addiction and  
recovering, sexual healing, sexual addiction for  
women, sex addiction men, sex addiction spouse,  
sex addict)**

*Sally Summers*

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## **Sexual Addiction: The Complete Guide To Recovering And Treatment**

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Sex is a beautiful thing. It's a healthy way to get close to somebody you love. It's a fun way to get cardiovascular exercise. It's good stress-relief. It's also the most reliable way to bring new life into this beautiful world. We all long for sexual contact, and the desire for physical intimacy is a healthy desire.

However, there can be too much of a good thing. Sex addiction is when sexual desires or behaviors get out of control (more than usual!) and get in the way of the effective functioning of your life and your relationships. You may be getting yourself in trouble, disrupting your work life, or hurting people who you care about. You have goals and values. If your sexual behavior is disrupting the pursuit of your goals or making you abandon your values, then you might need some readjustment in your activities and your perspective.

This book contains proven steps and strategies for recovering from sexual addiction and regaining your life.

### **Here Is A Preview Of What You'll Learn...**

- What is sex addiction?
- Am I a sex addict?
- What causes sex addiction?
- Breaking the habit
- Dealing with underlying causes
- Much, much more!

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