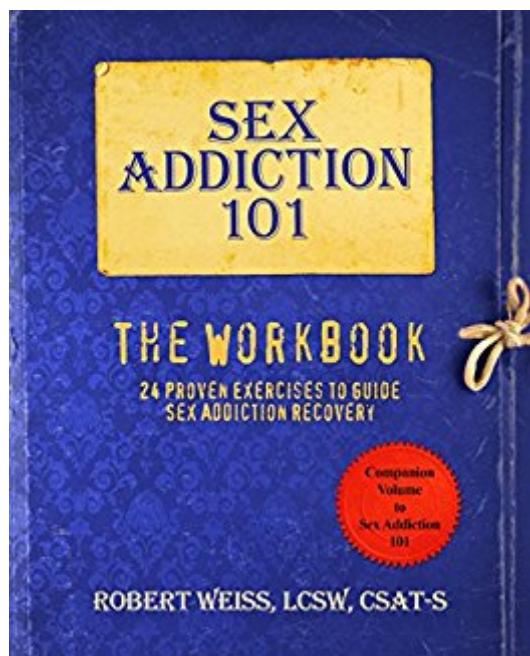


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# **Sex Addiction 101: The Workbook, 24 Proven Exercises To Guide Sex Addiction Recovery**



## Synopsis

Sex Addiction 101: The Workbook presents 24 updated and highly refined exercises specifically designed to guide recovering sex addicts through the process of healing. It is intended for use in conjunction with Rob Weiss' deeply informative full-length book, Sex Addiction 101: A Basic Guide to Healing from Sex, Love, and Porn Addiction. That more traditional book gives in-depth information about the nature, causes, and treatment of sexual addiction. Meanwhile, this workbook delivers concrete tasks and reflective questions designed to help recovering sex addicts establish and maintain sexual sobriety, and to live a more serene and fulfilling life. For simplicity and clarity, the exercises in this workbook are divided into five basic sections, each designed to walk recovering sex addicts through a different phase of healing. Section one gets readers started on the pathway to recovery, helping them develop a personalized definition of and plan for sexual sobriety. Section two helps sex addicts better understand the various facets and nuances of their addiction. Section three focuses on relapse prevention, in particular the development of coping skills that can help recovering sex addicts stay sober no matter what. Section four starts readers on the "next step" of healing by identifying and addressing the underlying issues that drive their addictive behavior. Section five addresses life in sobriety, including dating and developing a happier, more well-rounded life. Without doubt, Sex Addiction 101: The Workbook, is the most up-to-date, concise, and complete guidebook to sexual recovery and a life of sexual health and fulfillment. The exercises presented in this workbook are built on research-based addiction treatment methods and the author's twenty-plus years of professional experience as a sex addiction treatment specialist. Over the years and in various forms these exercises have helped thousands of men and women heal from sex, porn, and love addiction, creating lasting sobriety and a surprisingly great (yet non-compulsive) sex life.

## Book Information

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## Customer Reviews

exactly what my client needed.

Thank you Rob Weiss for your continued leadership and support of all of us doing this work. This is a simple, easy to use resource that is a great supplement to the Carnes materials.

Great practical workbook for sex addiction

My client who is utilizing this likes the simplicity but topics coveref

Written for the public and counselors alike, has great exercises and presents the material in an easy to follow manner. Robert Weiss is an expert in sex addiction treatment and the knowledge comes through. Highly recommended.

Amazing, compassionate, straight-forward, cutting edge information, and well organized. I can't wait to use this book in my practice.

A complete waste of time

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Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Erotic Intelligence: Igniting Hot, Healthy Sex While in Recovery from Sex Addiction Sex Addiction: Mistakes To Avoid When Living With A Sex Addict And The Path To Your Partner's Recovery (SECOND EDITION) Sex Addiction: The Partner's Perspective: A Comprehensive Guide to Understanding and Surviving Sex Addiction For Partners and Those Who Want to Help Them Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex)

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