



Out of the Shadows: Understanding Sexual Addiction

Patrick J. Carnes

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Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives.

Out of the Shadows is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

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