

## **Recommended Resources**

Thankfully, we live in an age when there is an abundance of highly valuable information available on relationships and well-being. The following list of websites and books are perfect examples of such resources:

### **WEBSITES:**

#### ***SEXUAL ADDICTION RECOVERY***

[www.POSARC.com](http://www.POSARC.com) If you have recently found yourself in the unenviable position of finding out about your spouse's or partner's secret life, this site will be a tremendously supportive and valuable resource. Comprehensive, user-friendly and interactive, it is the clear leader in this category.

[www.sexhelp.com](http://www.sexhelp.com) This is a great one-stop-shopping source for everything from online assessments related to sex addiction to a global therapist locator in this specialized area of treatment.

[www.sexualrecovery.com](http://www.sexualrecovery.com) Founded by world-renowned sex addiction expert, Rob Weiss, the Sexual Recovery Institute (West Los Angeles) offers a comprehensive website that contains a wealth of information on all things sex addiction-related.

#### ***SEXUAL HEALTH***

[www.centerforhealthysex.com](http://www.centerforhealthysex.com) Alexandra Katehakis, MFT, CSAT-S, CST, has an incredibly informative website to match her incredible reputation as a leader in the fields of Sex Addiction Recovery and Sex Therapy. Her Center for Healthy Sex offers intensives for individuals and spouses/partners recovering from sexual addiction.

[www.makelovenotporn.com](http://www.makelovenotporn.com) A response by Cindy Gallop to the pornification of sexual expectations.

#### ***PARENTING***

[www.tinabryson.com](http://www.tinabryson.com) No one brings high-minded attachment theory to a practical, easy to understand and apply level like Dr. Tina Bryson. You may already know her from her recent, best-selling book, *The Whole Brain Child*. (and if you don't, you should!).

## *Recommended Reading*

### **Sexual Addiction and Sexual Recovery**

Patrick Carnes: *Out of the Shadows*.

Patrick Carnes: *Don't Call It Love: Recovery From Sexual Addiction*.

Patrick Carnes: *Contrary to Love*.

Patrick Carnes: *Facing the Shadow: Starting Sexual and Relationship Recovery*.

Patrick Carnes, David L. Delmonico, Elizabeth Griffin, with Joseph Moriarity: *In The Shadow of the Net: Breaking Free of Compulsive Online Sexual Behavior*.

Patrick Carnes. *Sexual Anorexia*.

Alexandra Katehakis: *Erotic Intelligence*. **\*\***(An in depth look at healthy sexuality after sex addiction)

Deborah Corley and Jennifer Schneider: *Disclosing Secrets (2nd Edition)*.

Ralph Earle and Gregory Crow: *Lonely All the Time*.

Ralph Earle, and Mark Laaser: *Pornography Trap* **\*\***(Great for Christians, especially those in ministry).

Marnie Ferree: *No Stones: Women Redeemed from Sexual Shame*. (Revised Edition). **\*\***(Outstanding resource for Christian women by one of the most courageous and knowledgeable people we know).

Marnie Ferree: *Making Advances- A Comprehensive Guide for Treating Female Sex and Love Addicts* (A "who's who" of leading clinicians team up to offer a top-notch handbooks for clinicians)

Mark Laaser: *Healing the Wounds of Sexual Addiction*.

Milton Magness: *Stop Sex Addiction: Real Hope, True Freedom for Sex Addicts and Partners*.

Wendy Maltz Larry Maltz: *The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography*. (A great primer for anyone looking to understand how online porn can be so powerfully addictive and how to break free of its grip).

Kelly McDaniel: *Ready to Heal – Women Facing Love, Sex, and Relationship Addiction*(3<sup>rd</sup> Edition) **\*\***(The only book of its kind, it provides a compassionate, enlightening perspective that is highly readable with its compelling anecdotes. The section on "Mother Hunger" is an invaluable work, in and of itself.)

Jennifer Schneider: *Back from Betrayal: Recovering from His Affairs*. (3<sup>rd</sup> edition).

Robert Weiss: *Cruise Control: Understanding Sexual Addiction in Gay Men*. (Second Edition)

Robert Weiss and Jennifer Schneider: *Untangling the Web*.

## **Codependency**

Pia Mellody, with Andrea Wells Miller and J. Keith Miller. *Facing Codependence: What It Is, Where It Comes From, and How It Sabotages Our Lives.* **\*\***(This is the most important book ever written on Codependence. Pia Mellody explains the 5 core symptoms, their effects, and how specific types of traumatic experiences underlie the symptoms).

Pia Mellody with Andrea Wells Miller and J. Keith Miller. *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love.* **\*\***(The cycle between Love Addicts and Love Avoidants explains so much about what is behind couples' conflicts)

Pia Mellody and Lawrence Freundlich: *The Intimacy Factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect, and Lasting Love.* **\*\***(Great examples of healthy boundaries in everyday situations).

Pia Mellody and Andrea Wells Miller. *Breaking Free: A Recovery Workbook for Facing Codependence.*

Melody Beattie: *Beyond Codependency.*

Melody Beattie: *Codependent No More.*

Melody Beattie: *The Language of Letting Go.* **\*\***(This book makes it so easy to begin your day with a centering, grounding and inspiring thought.)

## **Recovering Spouses and Partners of Sex Addicts**

Debra Laaser: *Shattered Vows.*(Especially helpful for Christians whose spouse struggles with sex addiction)

Marsha Means: *Living with Your Husband's Secret Wars.*

Janet Woititz and Alan Garner: *Lifeskills for Adult Children.*

Barbara Steffens: *Your Sexually Addicted Spouse.*

Claudia Black. *Deceived: Facing Sexual Betrayal, Lies, and Secrets.*

Patrick Carnes: *The Betrayal Bond: Breaking Free of Exploitive Relationships.*

Stefanie Carnes (editor): *Mending a Shattered Heart: A Guide for Partners of Sex Addicts*

## **Recovery and 12-Step**

Patrick Carnes: *A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery.*

## Family-of-Origin

Kenneth Adams. *Silently Seduced: When Parents Make Their Children Partners – Understanding Covert Incest.* \*\**(A classic resource for therapists and laypeople alike that takes you inside the world of parent-child enmeshment)*

Kenneth Adams: *When He's Married to Mom: How to Help Mother-Enmeshed Men Open Their Hearts to True Love and Commitment.*

Evelyn Bassoff: *Mothering Ourselves – Help and Healing for Adult Daughters.*

Claudia Black. *It Will Never Happen to Me.*

Claudia Black. *Changing Courses.* Center City, MN. Hazeldon, 1993, 1999.

Patricia Love and Jo Robinson. *The Emotional Incest Syndrome: What to Do When a Parent's Love Rules Your Life.* \*\* *(Another great resource on parent-child enmeshment)*

Alice Miller: *The Drama of the Gifted Child.*

Les Parrott III and Les Parrott Sr: *The Life You Want Your Kids to Live.*

Gail Saltz: *Becoming Real – Defeating the Stories We Tell Ourselves that Hold Us Back.*

Janet Woititz: *Adult Children of Alcoholics*

Janet Woititz: *Struggle for Intimacy.*