



The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook)

By William T. O'Donohue, Tamara Penix Sbraga

Download now

Read Online ➔

The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga

It's a hunger never satisfied for some of us: the allure of singles' bars and strip clubs, party lines and X-rated Internet sites that can show us whatever we want to see. An uncontrollable need for sexual gratification, just like an addiction to alcohol or drugs, can cause serious problems for anyone. If you believe you're struggling with a serious sexual disorder or just wish you could more easily manage sexual behaviors that interfere with your life, you've found, in this book, a real chance to radically transform your life.

This is not a book that makes a lot of black and white, right and wrong judgments about sexual behavior. Despite what you might have heard—or even believe—it is possible to have problems with sexual self-control and still be a good person and a valuable member of your family and community. Without taking a strong moral position on all sexual behaviors, the scientifically-based techniques in this book guide you to making better sexual choices that are in line with your own values. Using the book's evaluation worksheets, assess the level of your sexual self-control problem. Utilize its exercises to modify the thoughts and behaviors associated with sexual patterns you want to change. Support your goals with relapse prevention techniques that stress self-acceptance. By following the program in this book, privately and whenever you choose, you will learn how to lead a sexually fulfilling life that still promises you security, stability, and peace of mind.

 [Download The Sex Addiction Workbook: Proven Strategies to H ...pdf](#)

 [Read Online The Sex Addiction Workbook: Proven Strategies to ...pdf](#)

The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook)

By William T. O'Donohue, Tamara Penix Sbraga

The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga

It's a hunger never satisfied for some of us: the allure of singles' bars and strip clubs, party lines and X-rated Internet sites that can show us whatever we want to see. An uncontrollable need for sexual gratification, just like an addiction to alcohol or drugs, can cause serious problems for anyone. If you believe you're struggling with a serious sexual disorder or just wish you could more easily manage sexual behaviors that interfere with your life, you've found, in this book, a real chance to radically transform your life.

This is not a book that makes a lot of black and white, right and wrong judgments about sexual behavior. Despite what you might have heard—or even believe—it is possible to have problems with sexual self-control and still be a good person and a valuable member of your family and community. Without taking a strong moral position on all sexual behaviors, the scientifically-based techniques in this book guide you to making better sexual choices that are in line with your own values. Using the book's evaluation worksheets, assess the level of your sexual self-control problem. Utilize its exercises to modify the thoughts and behaviors associated with sexual patterns you want to change. Support your goals with relapse prevention techniques that stress self-acceptance. By following the program in this book, privately and whenever you choose, you will learn how to lead a sexually fulfilling life that still promises you security, stability, and peace of mind.

The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga **Bibliography**

- Sales Rank: #619465 in Books
- Brand: Brand: New Harbinger
- Published on: 2004-08-01
- Original language: English
- Number of items: 1
- Dimensions: .55" h x 8.53" w x 10.95" l, 1.26 pounds
- Binding: Paperback
- 232 pages

 [Download The Sex Addiction Workbook: Proven Strategies to H ...pdf](#)

 [Read Online The Sex Addiction Workbook: Proven Strategies to ...pdf](#)

Download and Read Free Online The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga

Editorial Review

Review

"This is an excellent book. It speaks directly to individuals with sexual addiction problems in a down-to-earth and respectful manner. The easy style does not disguise the fact that sexual addiction problems are serious and damaging both to victims and the individuals themselves. The quality of the psychological knowledge contained in the book is first rate and the book is beautifully written. It is obvious that Sbraga and O'Donohue have total mastery of their subject matter and are compassionate yet challenging therapists. This book would be an ideal adjunct to therapy or a valuable treatment resource for individuals wanting to work on sexual addiction problems on their own. I am sure it will become a classic."

—Tony Ward, Ph.D., clinical director of the School of Psychology, Victoria University of Wellington, New Zealand, and coauthor of *Sexual Deviance: Issues and Controversies* and *Remaking Relapse Prevention with Sex Offenders*

From the Publisher

The only scientifically supported treatment method for sex addicts.

- Explore the root causes of your addiction
- Reduce high-risk sexual behavior and the use of online porn, phone sex, strip bars
- Put an end to affairs forever
- Rediscover a healthy attitude toward sex
- Learn skills to help you increase your motivation to change
- Improve your intimate relationships

Two leading clinical psychologists specializing in the treatment of sexual self-control problems offer the first workbook to use proven cognitive behavioral therapy, or CBT, strategies to help sexual addicts. Individuals who risk their finances, reputations, marriages and even their lives for a quick sexual fix learn easy, step-by-step strategies to help them overcome their addiction to sex and restore their relationships.

About the Author

Tamara Penix Sbraga, Ph.D., is assistant professor of clinical psychology at Central Michigan University in Mount Pleasant, MI. She specializes in the research and treatment of sexual self-control problems. She is a member of the Association for the Advancement of Behavior Therapy, the Association for Behavior Analysis, the Society for the Science of Clinical Psychology, and the Association for the Treatment of Sexual Abusers.

William T. O'Donohue, Ph.D., is a licensed psychologist, professor of psychology, and adjunct professor of

philosophy and psychiatry at the University of Nevada, Reno. He has written and edited over a hundred articles and books. He specializes in the study and treatment of male sexual misbehavior.?

Users Review

From reader reviews:

Pam Wright:

Do you have something that you want such as book? The book lovers usually prefer to pick book like comic, quick story and the biggest one is novel. Now, why not seeking The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) that give your fun preference will be satisfied by simply reading this book. Reading addiction all over the world can be said as the way for people to know world better then how they react when it comes to the world. It can't be mentioned constantly that reading addiction only for the geeky man but for all of you who wants to become success person. So , for every you who want to start looking at as your good habit, you may pick The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) become your personal starter.

Latasha Sutterfield:

Reading a book to become new life style in this year; every people loves to read a book. When you study a book you can get a large amount of benefit. When you read books, you can improve your knowledge, mainly because book has a lot of information onto it. The information that you will get depend on what forms of book that you have read. If you need to get information about your study, you can read education books, but if you act like you want to entertain yourself read a fiction books, this kind of us novel, comics, and soon. The The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) provide you with a new experience in reading a book.

William Powell:

Beside this The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) in your phone, it may give you a way to get closer to the new knowledge or details. The information and the knowledge you may got here is fresh in the oven so don't always be worry if you feel like an aged people live in narrow village. It is good thing to have The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) because this book offers to your account readable information. Do you occasionally have book but you seldom get what it's all about. Oh come on, that will not end up to happen if you have this with your hand. The Enjoyable option here cannot be questionable, similar to treasuring beautiful island. Use you still want to miss the idea? Find this book along with read it from currently!

Jerry Sonnier:

Reading a guide make you to get more knowledge from it. You can take knowledge and information originating from a book. Book is written or printed or created from each source this filled update of news. In

this particular modern era like right now, many ways to get information are available for an individual. From media social like newspaper, magazines, science publication, encyclopedia, reference book, book and comic. You can add your understanding by that book. Ready to spend your spare time to spread out your book? Or just trying to find the The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) when you required it?

Download and Read Online The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga #BWO35JEXF7S

Read The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga for online ebook

The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga books to read online.

Online The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga ebook PDF download

The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga Doc

The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga Mobipocket

The Sex Addiction Workbook: Proven Strategies to Help You Regain Control of Your Life (New Harbinger Self-Help Workbook) By William T. O'Donohue, Tamara Penix Sbraga EPub