

A P I E R S I D E  P A R K S I D E B O O K

# *Sex and* **Sobriety**

Teaches you the skills you need to improve  
your relationship while maintaining your sobriety

**Facing the Fear  
and Building  
a New  
Sexual Life**

**J A C K M U M M E Y**

# Sex And Sobriety Facing The Fear And Building A New Sexual Life

**L Darling-Hammond**



## **Sex And Sobriety Facing The Fear And Building A New Sexual Life:**

Sex and Sobriety Jack Mumey,1993 A caring candid guide to a difficult and central issue for people in recovery After reviewing how sex is connected with alcohol and other drugs Mumey provides valuable guidelines to achieving intimacy and also covers rejection performance anxiety making a meaningful commitment to another person AIDS sex for gays and lesbians and more Index      **Meditations for Parents Who Do Too Much** Jonathon Lazear,Wendy Lazear,1993 The authors of Meditations For Men Who Do Too Much look at the obligations responsibilities and rewards of raising children and give thoughtful considerate advice on how parents can learn to take care of themselves in order to become even better at parenting      **New Books on Women and Feminism** ,1998      **Forthcoming Books** Rose Arny,1993-04      **Subject Guide to Books in Print** ,1996      **Compassionate Touch** Clyde W. Ford,1993 A guide to discovering the emotional and psychological sources of physical pain and disease Using a variety of case studies Ford says the application of touch massage or manipulation or simple contact to areas of pain or discomfort helps people recall painful memories providing an important first step toward healing Line drawings      *Body, Mind, and Spirit* Fireside Books,Touchstone,1993 A gentle source of daily strength and support to help those in recovery Drawing on the wisdom of such diverse sources as e e cummings Carl Jung and Abigail Van Buren and including heartfelt observations from recovering men and women this book guides readers with simple advice and thought provoking discussions      *Don't Call It Love* Patrick Carnes,2013-12-18 Dr Patrick Carnes is a creative pioneering and courageous human being His books are changing the lives of thousands I lost three marriages all because of affairs I became suicidal because of multiple intense involvements I spent money on sex when I needed it for children s clothes I lost promotion opportunities and a special scholarship because my co workers found out about my sex life Every day they face the possibility of destruction risking their families fiances jobs dignity and health They come from all walks of life ministers physicians therapists politicians executives blue collar workers Most were abused as children sexually physically or emotionally and saw addictive behavior in their early lives Most grapple with other addictions as well but their fiercest battle is with the most astounding prevalent secret disorder in America sexual addiction Here is a ground breaking work by the nation s leading professional expert on sexual addiction based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder This essential volume includes not only the revealing findings of Dr Carne s research with recovering addicts but also advice from the addicts and co addicts themselves as they work to overcome their compulsive behavior Positive hopeful and practical Don t Call It Love is a landmark book that helps us better understand all addictions their causes and the difficult path to recovery      **American Book Publishing Record** ,2005      **Sex in Recovery** Jennifer Matesa,2016-09-01 Healthy sexuality within the context of recovery is rarely talked about openly in part because the larger culture restricts the space required to name our experiences in open honest ways Matesa gives us that space by bringing the language of recovery to this more hidden part of our healing

allowing us to truly practice these principles in all our affairs Sexuality in the context of recovery is rarely talked about openly in part because our broader culture may inhibit us from sharing our true experiences For some the prospect of sober sex feels like uncharted waters in the past we've rarely had sex without first numbing ourselves with drugs and alcohol What does it mean to have an intimate relationship in sobriety Exploring that question deepens our recovery journey With this groundbreaking work Jennifer Matesa uncovers the challenges real people encounter when they start taking their clothes off without drinking or using in order to do so Providing readers a meeting between the covers Matesa blends first person accounts bravely shared by diverse members of the recovery community insights from experts and her own perspectives The result is a book that creates a space for a vital new dialogue about sexuality and intimacy As we find a common language for this more hidden aspect of our healing we can truly practice these principles in all our affairs

**Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery** Gary L. Fisher, Nancy A. Roget, 2009 This collection provides authoritative coverage of neurobiology of addiction models of addiction sociocultural perspectives on drug use family and community factors prevention theories and techniques professional issues the criminal justice system and substance abuse assessment and diagnosis and more

*Sexual Life* Stephen B. Levine, 2013-11-21 The author has written an unusually fresh work applying a biopsychosocial approach to the diagnosis and treatment of a wide range and degree of disorders The book will provide mental health professionals and graduate students with a trustworthy sophisticated introduction to sexual health and its problems

*The Recovery Cycle* Joi Andreoli, 2022-09-28 This book introduces the Recovery Cycle the only relatable model for positive change in sobriety and a simple roadmap for sober living The author a clinician in recovery herself demonstrates how to talk to clients or anyone with an interest in sobriety in a pragmatic like minded way The easy conversational style encourages cultivation of solid sober relationships and spiritual connections all with an achievable open minded approach Concrete methods honor the thinking and feeling parts of the recovering individual thereby promoting personal empowerment and choice rather than generic prescriptive advice The book speaks to all addiction disorders and discusses what every addicted person must go through to love their sober life no matter what program they choose no matter what addiction Readers will find the journey toward emotional sobriety and spiritual recovery discussed in a simple straightforward way with depth and compassion For clinicians who want to guide clients in recovery or for any motivated individual in recovery desiring to transform their life from one of pain and struggle to a beautiful work of heart this book will be a welcome spark of inspiration and support without the snore factor of a dry textbook

*Recovery from Sexual Addiction: a Man'S Guide* Paul Becker, 2012-05-14 Recovery from Sexual Addiction A Mans Guide and a companion workbook help men learn how to achieve a high level commitment to change their behavior and thinking Men are introduced to insights on how to move out of compulsive behavior depressed mood and isolation into a more fulfilling life Readers will learn about the Addicts Life Scale a simple yet insightful tool that illustrates how ones mood is directly related to destructive acting out

behaviors Once a man becomes aware of his mood levels he can begin to take proactive steps to reach and sustain a mood level where he feels confident and motivated to remain free of destructive acting out behaviors Book chapters are structured to help men examine their most personal issues including the nature and origin of sexual addiction the roles of anger anxiety isolation and depression in sexual addiction how co dependency fosters sexual addiction how to cultivate self awareness and improved attitude and creating a healthy life style absent sexually acting out Ultimately readers will discover the satisfaction that comes from improved relationships with their spouses children other men and God Paul Beckers unique Recovery From Sexual Addiction series includes a core book client workbook and a clinician guide The three texts use an interactive approach to help therapists and clients thoroughly explore the roots of sexual addiction and effective ways to achieve long term recovery The series is especially helpful to therapists who prefer to base recovery on principles proven by Dr Patrick Carnes

*Reclaiming Sexual Wholeness* Todd Bowman, 2022-10-11 A Comprehensive Christian Resource for Treating Sexual Addiction and Problematic Sexual Behavior An estimated three to five percent of the U S population meet the criteria for sexual addiction and many more engage in problematic sexual behavior or have been harmed by it The statistics are startling 77% of Christian men between 18 and 30 watch pornography monthly 35% of Christian men have had an extramarital affair 1 in 6 boys and 1 in 4 girls have been sexually abused Americans spend 13 billion a year on pornography the regular viewing of which is linked to higher acceptance of violence against women and adversarial sexual beliefs Therapists and pastors are not always adequately equipped to address the unique demands of competent care for those struggling with sexually addictive behaviors *Reclaiming Sexual Wholeness* edited by Todd Bowman presents cutting edge research from a diverse group of experts in a single comprehensive resource intended for therapists clergy and others in helping professions Contributors include Forest Benedict Bill Bercaw Ginger Bercaw Todd Bowman Marnie Ferree Floyd Godfrey Joshua Grubbs Josh Hook Fr Sean Kilcawley Debbie Laaser Mark Laaser Kevin Skinner Bill Struthers and Curt Thompson *Reclaiming Sexual Wholeness* moves beyond rote cognitive behavioral approaches and treating sexual addictions solely as lust adopting a biopsychosocial perspective that incorporates insights from attachment theory and interpersonal neurobiology The result is a thoroughly faith integrated up to date resource useful for the classroom ongoing professional studies and as a counseling resource

**Gay and Bisexual Men Living with Prostate Cancer** Jane M. Ussher, Janette Perz, B. R. Simon Rosser, 2018-06-19 This book provides an overview of research and practice dealing with the specific needs of gay and bisexual men living with prostate cancer as well as the special psychosocial needs of their partners The intention is twofold to provide insight into the unique experiences and concerns of gay or bisexual men living with prostate cancer in order to inform and assist future research clinical practice and supportive care and policy and to ensure that the needs of gay and bisexual men are recognized and advanced on the mainstream prostate cancer agenda Featuring both cutting edge research and powerful portraits of gay and bisexual men living with prostate cancer this book will be indispensable for health

care oncology and mental health practitioners who seek to address their specific experiences and challenges

**Sexuality and Addiction** Raven L. Badger, 2012-07-06 This book provides an understanding of how sexuality and addiction are intertwined helping those who counsel substance abusers and individuals who have experienced negative sexual messages or experiences to improve their sexual health and enjoyment This book presents a broad overview of sexual health issues that documents the links between sexuality and substance abuse and describes how counselors can help individuals who have been impacted by negative sexual experiences can find a way out of the pain that leads them to addiction or back to substance abuse Using the sexual health model as a framework for discussion author Raven L James PhD explains how sexual health and substance abuse are often connected provides examples of real life experiences and identifies issues to consider in adopting healthier attitudes and sexual behaviors as well as effective methods for achieving them Each chapter provides focused content followed by an explanation of the subject's connection to substance abuse Tips for counselors sample lesson plans and ideas tangible tools to use in sexual health groups and related resources area also included Whether the reader is personally afflicted a helper or a loved one the information in *Sexuality and Addiction Making Connections Enhancing Recovery* will provide a new perspective on how to help clients improve their sexual self esteem find ways to improve sexual relationships with themselves and others and most of all to restore hope for sexual health in recovery

**Paperbound Books in Print 1995** Reed Reference Publishing, R5ference Reed, 1995-12

**Resilience** Steven M. Southwick, Dennis S. Charney, 2018-05-03 Most of us at some point in our lives will be struck by major traumas such as the sudden death of a loved one a debilitating disease assault or a natural disaster Resilience refers to the ability to bounce back after encountering difficulty This book provides a guide to building emotional mental and physical resilience by presenting ten factors to help anyone become more resilient to life's challenges Specific resilience factors such as facing fear optimism and social support are described through the experiences and personal reflections of highly resilient survivors These survivors also describe real life methods for practicing and benefiting from the resilience factors As resilience is the complex product of genetic psychological biological social and spiritual factors the authors investigate resilience from multiple scientific perspectives They synthesize the latest literature on the topic describe their own research on resilience and quote from their interviews with highly resilient people

**This Isn't What I Expected [2nd edition]** Karen R. Kleiman, Valerie Davis Raskin, 2013-10-29 Written by two postpartum experts a definitive guide offering compassionate support and solid advice on dealing with every aspect of Postpartum Depression PPD If you or someone you love is among the one in seven women stricken by PPD you know how hard it is to get real help This proven self help program which can be used alone or with a support group or therapist will help you monitor each phase of illness recognize when you need professional help cope with daily life and recover with new strength and confidence Learn how to Identify the symptoms of PPD and distinguish it from baby blues Deal with panic attacks obsessive compulsive urges and stress overload Break the cycle of shame and negative

thoughts Mobilize support from your husband or partner family and friends Seek and evaluate treatment options Cope with the disappointment and loss of self esteem

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