

Our Marriage Surviving Addiction And Thriving In Sobriety

Loving Someone in Recovery
Out Came the Sun
Sex Addiction: The Partner's Perspective
Couples' Devotional Bible (NIV)
Hope After Betrayal
Real Solutions for Overcoming Internet Addictions
I Want to Change My Life
Women Who Love Too Much
Mischievous, Miracles, Motherhood, & Menopause
I've Got My Big Girl Panties on
Mending a Shattered Heart
Inside Rehab
Portrait of Our Marriage
The Secrets of Surviving Infidelity
Our Marriage
You Are Not Alone: Personal Stories on Surviving the Impact of Addiction
Stop Sex Addiction
Affair-Proof Your Marriage
Sex and Love Addicts Anonymous
Overcoming Prescription Drug Addiction
Overcoming Pornography Addiction
When Your Husband Is Addicted to Pornography
A Couple's Guide to Sexual Addiction
Overcoming Any Addiction: Finding the Inner You
Porn Addict's Wife
Approval Addiction
Addiction to Love
Never Enough
Asian Honor: Overcoming the Culture of Silence
Perfectly Imperfect
To Love, Honor, and Vacuum
Saving Your Marriage Before It Starts
Beyond Addiction
Spouses of Sex Addicts
Startup Life
When Your Partner Has an Addiction
How to Have a Perfect Marriage With Your Present Wife
Living Sober Trade Edition
Marriage Boot Camp
The Dilemma of the Alcoholic Marriage

Loving Someone in Recovery

A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a "cure" for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

Out Came the Sun

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

Sex Addiction: The Partner's Perspective

Like other psychiatric disorders, sexual addiction is a condition that affects peoples' relationships with others as much as it affects their own mental state. Individuals suffering from sexual addiction typically pursue sex through any means possible and often engage in risky forms of sexual activity such as exhibitionism, promiscuous sex with multiple partners, online sex, etc. It's easy to see how a couple's relationship may be challenged by the manifestations and reality of a disorder like this one. A Couple's Guide to Sexual Addiction discusses common relationship issues within the context of sexual addiction and provides the reader with exercises, information, and advice on the following topics: Trust Communication Healthy sexuality & sexual behaviors Family By understanding the reality of sexual addiction and what it means for a relationship, couples will be able to better relate to each other and plan for a successful future.

Couples' Devotional Bible (NIV)

Inspired by an episode on Oprah from years ago that dealt with men addicted to porn, a dream, and 8 women's lives, Portrait of Our Marriage, a fictional memoir, is one woman's story you don't want to miss. Nicky, embarks on a journey to find herself and become her own person despite the legacy of a domineering father and an emotionally—and often physically—distant husband. Reminiscing events from her life, she looks at pictures and remembers the romance, falling in love, marriage, and her family. When her husband's interest in pornography becomes an obsession. She wonders how she will compete? Some may call her a wimp, others will say she's a woman in love trying to hold her family together. Fun, sexy, intense, hot, compelling, thought provoking, and so real you may find it shocking even disturbing. Although this is one woman's journey, many women today deal with this issue in silence, feeling ashamed, and embarrassed. What would you endure for love? The romance will seduce you. The story could be yours.

Hope After Betrayal

Many Asians are drowning in shame and addictions with no way out. Is this any different from a traditional Westerner? Very much so. Shame and honor are embedded in the Asian way of thinking, behaving, and interacting. If you do not understand

the cultural history of honor and shame and its underpinnings, then you will have a hard time understanding the mindset of Asians, let alone the stranglehold of shame that keeps many from breaking the code of silence.

Real Solutions for Overcoming Internet Addictions

Meg is a lantern guiding women through the twists and turns along this pain-filled path. --Lynn Marie Cherry, speaker and author of *Keep Walking: 40 Days to Hope and Freedom After Betrayal* Meg Wilson watched her world fall apart when her husband confessed to years of sexual addiction. She has intimate knowledge of the devastation that follows--and she has come through the other side. In her groundbreaking *Hope After Betrayal*, Meg provides reassuring counsel, compassionate insight, and wise direction. By sharing her story, talking to other women who've been in a similar situation, and turning to Scripture, Wilson has helped countless readers through the steps to recovery--and shows how you can follow that same path out of the darkness. This newly revised and expanded edition includes new lessons Meg has learned over the last decade. A compelling final chapter by Meg's husband sheds further light on the difficult road to healing from sexual addiction, and a thoughtful new appendix addresses the effect sexual addiction has on children in the home. *Hope After Betrayal* is a strong and sure lifeline that thousands of women will reach for in a drowning moment. Meg offers careful, clear direction and encouragement in each chapter while unveiling the truth about sexual addiction. This valuable tool should be required reading for every wife and every mother of sons." --Robin Jones Gunn, best-selling author of the *Sisterchicks Series*

I Want to Change My Life

Women Who Love Too Much

Real life insights on what it takes to make it in a relationship with an entrepreneur Entrepreneurs are always on the go, looking for the next "startup" challenge. And while they lead very intensely rewarding lives, time is always short and relationships are often long-distant and stressed because of extended periods apart. Coping with these, and other obstacles, are critical if an entrepreneur and their partner intend on staying together—and staying happy. In *Startup Life*, Brad Feld—a Boulder, Colorado-based entrepreneur turned-venture capitalist—shares his own personal experiences with his wife Amy, offering a series of rich insights into successfully leading a balanced life as a human being who wants to play as hard as he works and who wants to be as fulfilled in life and in work. With this book, Feld distills his twenty years of experience in this field to addresses how the village of startup people can put aside their workaholic ways and lead rewarding lives in all respects. Includes real-life examples of entrepreneurial couples who have had successful relationships and what works for them Provides practical advice for adapting to change and overcoming the inevitable ups and downs

associated with the entrepreneurial lifestyle Written by Brad Feld, a thought-leader in this field who has been an early-stage investor and successful entrepreneur for more than twenty years While there's no "secret formula" to relationship success in the world of the entrepreneur, there are ways to making navigation of this territory easier. Startup Life is a well-rounded guide that has the insights and advice you need to succeed in both your personal and business life.

Mischief, Miracles, Motherhood, & Menopause

This newly revised third edition delves into the most widely abused narcotic in the U.S.—prescription drugs. The book offers help to those suffering from this type of addiction as well as their families. The topics discussed include dynamics of addiction and the newest treatment options, who is at risk for addiction, why more teens are abusing prescription drugs, the symptoms of withdrawal, and methods of intervention for family members. Personal stories from addicts who describe their journeys into recovery are also included.

I've Got My Big Girl Panties on

A moving, compelling memoir about growing up and escaping the tragic legacy of mental illness, suicide, addiction, and depression in one of America's most famous families: the Hemingways. She opens her eyes. The room is dark. She hears yelling, smashed plates, and wishes it was all a terrible dream. But it isn't. This is what it was like growing up as a Hemingway. In this deeply moving, searingly honest new memoir, actress and mental health icon Mariel Hemingway shares in candid detail the story of her troubled childhood in a famous family haunted by depression, alcoholism, illness, and suicide. Born just a few months after her grandfather, Ernest Hemingway, shot himself, it was Mariel's mission as a girl to escape the desperate cycles of severe mental health issues that had plagued generations of her family. Surrounded by a family tortured by alcoholism (both parents), depression (her sister Margaux), suicide (her grandfather and four other members of her family), schizophrenia (her sister Muffet), and cancer (mother), it was all the young Mariel could do to keep her head. In a compassionate voice she reveals her painful struggle to stay sane as the youngest child in her family, and how she coped with the chaos by becoming OCD and obsessive about her food, schedule, and organization. The twisted legacy of her family has never quite let go of Mariel, but now in this memoir she opens up about her claustrophobic marriage, her acting career, and turning to spiritual healers and charlatans for solace. Ultimately Mariel has written a story of triumph about learning to overcome her family's demons and developing love and deep compassion for them. At last, in this memoir she can finally tell the true story of the tragedies and troubles of the Hemingway family, and she delivers a book that beckons comparisons to Mary Karr and Jeanette Walls.

Mending a Shattered Heart

Presents the struggle of internet pornography in the context of the encounter of Jesus with the Woman of Samaria, emphasizing the practical way in which the teaching of the Church can move us from sin to grace, from pain to healing, through an honest appraisal of the pain of internet pornography and the wonderful beauty of grace and virtue.

Inside Rehab

Updated with a new foreword and revised text, a twentieth anniversary release of a top-selling reference counsels women on how to end destructive cycles of co-dependence and misogyny, in a guide that shares case histories of women who have ended or improved relationships with emotionally unavailable, addicted, or unfaithful partners. Reprint. 50,000 first printing.

Portrait of Our Marriage

A series of autobiographical essays relating to living happily with depression, living fully, finding and nurturing your own potential, encouraging growth, pursuing your dreams and living your bliss. How to survive and thrive in marriage, parenting, and stepparenting.

The Secrets of Surviving Infidelity

An eye-opening tour of the addiction treatment industry explores the gap between what should happen and what does. What happens inside drug and alcohol rehabilitation centers and how rehab works are a mystery to those outside the industry - and sometimes even to those inside it. Anne M. Fletcher is a trusted New York Times bestselling health and medical writer who visited 15 addiction treatment centers—from outpatient programs for the indigent to famous celebrity rehabs; from the sites of renowned Twelve-Step centers to several unconventional programs—to find out what really happens. What she reveals ranges from inspirational to irresponsible, and, in some cases, potentially dangerous. Real Stories: As always with her books, Fletcher gets the inside story by turning to real people who “have been there,” interviewing more than 100 individuals whose compelling stories illustrate serious issues facing people in rehab and endemic in the rehab industry today. Connected Writer and Researcher who has earned the respect (and cooperation) of experts throughout the fields she’s taken on. Inside Rehab is no exception—Fletcher has interviewed more than 100 professionals working in the field, including a mix of rehab staffers and administrators as well as leading academics. Rehab is constantly covered in the media, as celebrities battle their drug and alcohol issues in the spotlight and reality TV puts recovery in prime time. Addiction is no longer only a personal struggle—it’s a pop culture phenomenon. Myth Busting: Fletcher exposes twelve supposed facts for the falsehoods they are, including “rehab is necessary for most people to recover from addictions;” “highly trained professionals provide most of the treatment in addiction programs;” and “drugs

should not be used to treat a drug addict." Fletcher's most important finding is the alarming discrepancy between the treatments being employed at many rehab centers and the treatments recommended by leading experts and supported by scientific research. *Guidance and Practical Solutions: Inside Rehab* also highlights what is working, spotlights state-of-the-art programs and practices, and offers advice and guidance for people seeking quality care and treatment for themselves or those they care about. *Inside Rehab* is the first book to give readers a thoughtful, sensitive, and bracingly honest insider's view of the drug and alcohol rehab industry in America. For people seeking quality care for themselves or a loved one, *Inside Rehab* is essential reading, offering a wealth of accurate information and wise guidance.

Our Marriage

Sex addiction is a growing menace that threatens all strata of our society, destroying millions of marriages, damaging reputations, contributing to suicides and in some cases prison sentences, and wasting mind-boggling amounts of money. But there is hope. Sex addiction is treatable. Through a rigorous recovery program detailed in these pages, it is possible for sex addicts to stop all of their destructive behaviors--forever. The recovery road is long and difficult, but also very rewarding. Marriages have not only been restored, but enriched. by following the Steps described in *Stop Sex Addiction*, addicts and their partners have found the path to freedom from sex addiction. You have taken the first step by reading this summary. The wisdom in this book will lead to real hope and true freedom.

You Are Not Alone: Personal Stories on Surviving the Impact of Addiction

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. *Living Sober* is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."

Stop Sex Addiction

Affair-Proof Your Marriage

Along with changes in the workplace and the explosive growth of electronic communications, there has been a skyrocketing rate of infidelity. Today, up to forty percent of American marriages endure the pain of a cheating partner. The media is filled with stories of married politicians finding their "soul mates" and titillating instances of unfaithful celebrities. But in the

homes of ordinary people everywhere, infidelity triggers complex emotions and events that affect everyone involved. Many marriage and personal therapists have adopted a "me first" mentality, prompting hurt spouses to end their relationships. Psychiatrist Scott Haltzman, retired Brown University professor, recommends exactly the opposite. The Secrets of Surviving Infidelity teaches both the victim and the perpetrator of infidelity how to acknowledge their feelings, reduce their sense of despair, and begin the difficult task of rebuilding a strong relationship. People who cheat act much like those who have other addictions, and brain scans of love-struck individuals show a dramatic increase in the release of dopamine, the same brain neurochemical associated with cocaine abuse. Haltzman does not excuse infidelity by labeling it a sex addiction; it's not orgasm that drives a partner to cheat. Instead, Haltzman coins the term "flame addiction" to describe how, like a moth drawn to the light, people feel compelled to have extramarital intimacy despite all the negative consequences. People who have been cheated on feel shame, rage, and injured self-esteem. Many of them fear abandonment and find it hard to cope. When both partners have made a commitment to move forward together, however, Dr. Haltzman validates each person's feelings and puts them into perspective, offering sound advice on how to recover their equilibrium and reestablish a committed, trust-filled relationship.

Sex and Love Addicts Anonymous

When growing up and living in an addictive lifestyle one can easily fall into bad habits. This book allows one to follow the 12 steps and some few extra steps to try and change bad habits into healthier ones. One searching for help and trying to change their life generally may need some tips from an outside source. In this book my readers can practice some exercises through their process and journey. People in recovery don't want to be told what to do so that is why in this book, I offer many different suggestions to one problem so my readers have options. I am hoping this book can help at least one person that is looking to change their lives.

Overcoming Prescription Drug Addiction

Relationship experts Jim and Elizabeth Carroll have created a program proven to mend marriages, revive relationships and make the happily-ever-afters come true. After twenty years of resuscitating thousands of marriages, the Carrolls bring their wisdom directly to readers through this do-it-yourself relationship bible, filled with advice, exercises, quizzes and games that will teach couples to fight the Top Ten Marriage Killers.

Overcoming Pornography Addiction

A leading expert in addiction and mood disorders shares a five-point plan for overcoming anxiety, depression, and

addiction. He describes the symptoms, causes, treatment, and relapse prevention strategies, and includes numerous exercises and a one-month step-by-step program.

When Your Husband Is Addicted to Pornography

Now thoroughly revised, with a new cover and all-new devotions that reflect the concerns couples face today, the bestselling Couples' Devotional Bible is designed to help you build your relationship on the one foundation you can count on: God's Word. Developed in partnership with Christianity Today International's Marriage Partnership magazine staff and contributors, this Bible was created to aid couples, particularly in the first years of marriage, in understanding the biblical foundation for marriage. Topics include: Communication. Work and Career. Sex. Setting Goals. Step Parenting. Money. Fears. Worship. Forgiveness. Each devotion is tailored and relevant, written to apply God's words to issues that are important to couples. Features: * New International Version text * 260 all-new weekday devotions by contributors such as Lauren Winner, Jennifer Schuchmann, Wayne Brouwer, and Carla Barnhill * Connection Time at the end of every weekday devotion promotes application and interaction * 52 weekend devotions include advice from bestselling writers, marriage therapists, and pastors, including Les and Leslie Parrott, Gary Thomas, Bill and Lynne Hybels, and Gary Smalley * Weekend devotions also contain tips, helps, quizzes, activities, and an application tied to couples from the Bible * Index to features, list of contributors, recommended reading and more * Double-column format Font size: 8.8pt

A Couple's Guide to Sexual Addiction

Love addiction manifests in many forms, from Fatal Attraction-type obsessive lust to less extreme but nonetheless psychologically and emotionally harmful forms. The most common of these is staying in a bad relationship because of a fear of being alone-the "I hate you but don't leave me" relationship. In ADDICTION TO LOVE, recovering love addict Susan Peabody explains the variety of ways this disorder plays out, from the obsessively doting love addict to the addict who can't disentangle from an unfulfilling, dead-end relationship. Peabody provides an in-depth and easy-to-follow recovery program for those suffering from this unhealthy and often dangerous addiction and explains how to create a loving, safe, and fulfilling relationship. A seminal work on unhealthy and obsessive behaviors in love, and how to change behavior to have a positive relationship. This third edition includes a new introduction and revisions to the text throughout. Some symptoms of love addiction include love at first sight, excessive fantasizing, abnormal jealousy, nagging, and accepting dishonesty. Even relationships with parents, children, siblings, or friends may be addictive-dependency is not always related to romantic love. Previous editions have sold more than 40,000 copies."Love addiction is a three-headed serpent that Susan Peabody adeptly slays. This is the quintessential book for any love addict or counselor needing to fully understand this highly prevalent and complex disorder. Susan detects and dissects aspects of this condition not comprehended in other

books of its kind. Recovery is possible. This book makes it possible to take the succinct steps necessary toward a loving and reciprocal long-term intimate relationship."-Sudi Scull, M.F.T., C.N., psychotherapist and nutritionist From the Trade Paperback edition.

Overcoming Any Addiction: Finding the Inner You

More than a million couples can't be wrong! And with this updated edition of their award-winning book, Drs. Les and Leslie Parrott help you launch lifelong love like never before. This is more than a book—it's an experience, especially when you use the his/her workbooks filled with more than 40 fun exercises. Get ready for deeper intimacy with the best friend you'll ever have. Saving Your Marriage Before It Starts, in more than 15 languages, is the most widely used marriage prep tool in the world. Uncover the misbeliefs of marriage Learn to communicate with instant understanding Discover the secret to resolving conflict Master the skills of money management Get your sex life off to a great start A compelling video, featuring real-life couples, is available, and with this updated edition Les and Leslie unveil the game-changing SYMBIS Assessment. Now you can discover how to leverage your personalities for a love that last a lifetime. Make your marriage everything it is meant to be. Save your marriage—before (and after) it starts.

Porn Addict's Wife

Discusses the importance of commitment in marriage and offers practical guidance on the development of a lasting marital relationship

Approval Addiction

Recovering addicts are faced with many challenges, and these challenges can often extend to their romantic partners. During the recovery period, couples often struggle with overcoming feelings of betrayal and frustration, and may have a hard time rebuilding trust and closeness. While there are many resources available to recovering addicts, there are limited resources for the people who love them. In Loving Someone in Recovery, therapist Beverly Berg offers powerful tools for the partners of recovering addicts. Based in mindfulness, attachment theory, and neurobiology, this book will help readers sustain emotional stability in their relationships, increase effective communication, establish boundaries, and take real steps toward reigniting intimacy. The material in this book is drawn from the author's successful Conscious Couples Recovery Workshop. With more than 25 years in the field, she has developed a unique set of exercises that address the issues faced by couples in recovery. This book addresses the roles that both partners play in recovery, and aims to help readers develop a new appreciation for one another and improve self-confidence and acceptance. The road to recovery is

never an easy one, but by building a strong support system, the chances of success are exponentially greater. For more information on Berg's work, visit consciouscouplesrecovery.com

Addiction to Love

She was born in a foothill, along the banks of the Long Toe River, just ten miles south of the Hand-High Basin. At the tender age of sixteen she was sent to the deep piny woods of East Texas, to live among the natives. With humor, and southern jargon, Darla gives the accounts of her life events from infancy in Austin, Texas, to the maturity of adulthood in Panola County. Writing a book on the power of positive thinking, and believing in something bigger than your self, Darla answers the question that haunts millions of women in America, Is this as good as it s ever going to get? Through her experiences in child rearing, divorce, obesity, addiction, death and the affairs of the heart, she empowers all women to sing, dance, and wear red lipstick. Her journey relates to real life and how it can make or break an intelligent woman. Her views on how to wear your big girl panties, will prove, If you can t lose it, you can t hide it, then dammit; decorate it. She was born in a foothill, along the banks of the Long Toe River, just ten miles south of the Hand-High Basin. At the tender age of sixteen she was sent to the deep piny woods of East Texas, to live among the natives. With humor, and southern jargon, Darla gives the accounts of her life events from infancy in Austin, Texas, to the maturity of adulthood in Panola County. Writing a book on the power of positive thinking, and believing in something bigger than your self, Darla answers the question that haunts millions of women in America, Is this as good as it s ever going to get? Through her experiences in child rearing, divorce, obesity, addiction, death and the affairs of the heart, she empowers all women to sing, dance, and wear red lipstick. Her journey relates to real life and how it can make or break an intelligent woman. Her views on how to wear your big girl panties, will prove, If you can t lose it, you can t hide it, then dammit; decorate it.

Never Enough

Here the many sides to addiction are explored in stories which, though often raw and at times heart-breaking, are bound

together by their courage, honesty, hope and resolve. Each one recognises the power of openness in emerging from the dark shadow cast by addiction. In looking to a brighter day, they assert the loudly and clearly that, even when we feel at our most isolated, we are never alone. Help is at hand. With contributions from well-known public figures who have struggled with addiction, including Paul McGrath, Ben Dunne, singer Mary Coughlan and Oisín McConville, the accounts are interspersed with the thoughtful reflections of addiction therapist Frances Black on many themes of recovery. *You Are Not Alone* is a book that will give hope and practical advice to the hundreds of thousands of Irish people out there whose lives have been affected by addiction.

Asian Honor: Overcoming the Culture of Silence

Are you feeling shocked, betrayed, devastated, and downright angry after discovering your husband is addicted to pornography? Are you wondering: how could he do this to me or, why aren't I enough for him? Do you wonder if your marriage is over? Are you feeling lost and alone? Life and relationship coach Sandy Brown has been there. Her own experience in surviving the betrayal of her husband's porn addiction has inspired her to focus her practice on helping other women to do the same. Through her own recovery and her experience with clients, Sandy has developed a process of recovery to empower women at a time when they feel all is lost. *Porn Addict's Wife* shows readers that they are not alone in feeling shattered by their husband's sexual addiction, and teaches them how and with whom they can safely share their story. By providing resources for readers to get real help for both themselves and their spouse, it provides guidance to healing and rebuilding a normal life.

Perfectly Imperfect

To Love, Honor, and Vacuum

After the Shock Moving from Despair to Healing and Hope When your husband's addiction to pornography leaves you shattered, betrayed, and alone, where do you turn? Who do you turn to? Vicki Tiede, writing from personal experience, gently guides women toward God and away from despair. Through daily readings and questions on six important topics: hope, surrender, trust, identity, brokenness, and forgiveness, you will grow in healing and hope. Allowing God to meet your greatest needs is a long and learned process, but he promises to help you every step of the way. Questions and daily readings are suitable for both individuals and small groups.

Saving Your Marriage Before It Starts

This singular guide presents the straightforward facts on affairs, as well as advice to affaireres and spouses on how to cope with them. Since 60% of marriages are affected by affairs, you should know the facts: Women under 30 are as likely as men to have an affair. Love affairs are different from sex affairs. Most affairs last between and three years, but the consequences can last a lifetime. Fewer than 10% of affaireres divorce their spouses then marry their lover. Over 75% of those who do divorce and marry their lover divorce again. Nearly 80% of those who divorce during an affair are sorry later. Most marriages survive affairs. If you want to stay married, you can. Prevention works. You can -- and should -- affair-proof your marriage right now.

Beyond Addiction

Your partner's addiction takes a toll on both of your lives. That doesn't mean you should turn your back on the person you love. We've been told that staying with a partner who struggles with addiction—whether it be with drugs, alcohol, or addictive behaviors—means that we're enabling their destructive behavior. That wanting to help them means we're codependent, and that the best thing for both of us is to walk away from the relationship entirely. But is that true? When Your Partner Has an Addiction challenges the idea that the best chance for recovery—for the addict and their partner—is to walk away. Instead, it makes the revolutionary claim that you, and the love you have for your partner, can be a key part of his or her journey to recovery. Together, addiction activist and bestselling author Christopher Kennedy Lawford and psychotherapist Beverly Engel, MFT, take a fresh look at addiction and codependency—the latest research on what causes them and what the two have in common. Rather than treat addiction or codependency as disease or weakness, When Your Partner Has an Addiction honors the trauma and shame that often lie at their source and shows you how to use your love to combat that shame, allowing you to more effectively support your partner and heal yourself. The research proves that, while you cannot “fix” your partner, you can have a positive impact on their recovery. Whether you suffer from codependency, and whether your partner is already in recovery, When Your Partner Has an Addiction provides you with proven techniques and strategies to drastically improve your relationship and help get your partner the help he needs—without leaving and while taking care of yourself in the process.

Spouses of Sex Addicts

Mischief, Miracles, Motherhood, and Menopause shares the stories of where author Julie B.s life has taken her and what she has learned from each experience. Dubbing herself The Maverick Messenger, she is a therapist, artist, singer-songwriter, author, wife, mother, and recovering alcoholic. She tells humorous and touching tales of being the baby of her family, dealing with the realities of flat-chestedness, surviving the pregnancy and birth of twins, and dating again after a divorce. She offers her take on being an overwhelmed mother of three teenagers while mired in the hormonal hell of menopause.

Julie also candidly shares painful and heartfelt stories about her rape at age twelve, her experiences with drinking through the ten years that covered her twenties, and her journey through recovery and divorce as well as two miscarriages, a house-fire, three hurricanes, and her father's death. Although each experience was devastating in its own right, as a whole they have given her a down-to-earth perspective on love, faith, and relationships. She hopes to inspire others to reevaluate their own lives and relationships with an open mind and heart. Her light-hearted, humorous perspective on a variety of subjects from adolescence to alcoholism will keep you laughing and crying at the same time.

Startup Life

"Karl possessed enormous stubbornness which was both an asset and a liability in his quest for sobriety."- Paul Stuenkel (former counselor at Menninger Hospital and St. Francis Recovery) "Sue Pruett is living proof that the 12 Steps of Al-Anon, Alcoholics Anonymous, Narcotics Anonymous And The loving people in those programs really work for healing. No matter how deep the disease has devastated a person or their family, there is hope, there is help, and there is health available."- Dr. Ronald Lee Cobb (former counselor at Valeo Mental Health Center, Menninger Hospital and current Clinical Director of "Hope, Help, Health" in Holton, KS.) "I am so honored to have known Karl and Sue. They help me remember why I have spent over 25 years working in the addiction field. Even though Karl was the identified patient, The family needed help and recovery too. I pray that their story will give others the hope and belief that recovery is possible."- Joyce Markham, LCSW (former counselor, St. Francis Recovery) * * * as amazing as it seems, I did not know about Karl's drinking for many years as he was a master of deception. Living with the ups and downs of the roller coaster of addiction was a painful process for all of us. Even once he started facing his problem he had multiple rehab treatments and many relapses. Both family and friends urged me to give up on him thinking he was never going to embrace sobriety. Thankfully a miracle happened, and this man who stumbled so many times found his sobriety. He became the man I always believed in, and shared his lessons unselfishly with others for years. I was naïve and gullible enough to believe everything he told me. When I realized the truth I was stubborn enough never to give up. Oh by the way, I loved him with all my heart. The end was better than any fairy tale. This is our story, and this is our truth.

When Your Partner Has an Addiction

Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. Sex Addiction: The Partner's Perspective has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, Understanding and Treating Sex Addiction, it includes case examples and survey

results revealing the reality of life for partners of sex addicts. Sex Addiction: The Partner's Perspective is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives - whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

How to Have a Perfect Marriage With Your Present Wife

There is an epidemic of insecurity in society today. Many people suffer from an unhealthy need for affirmation. They are not capable of feeling good about themselves. For some the quest for approval becomes an actual addiction, as they seek self-worth from the outside world because they can't find it within themselves. Joyce Meyer understands the need for seeking approval from others to overcome feelings of rejection and low self-esteem. The good news, she says, is that there is a cure. God provides all the security anyone needs. Her goal is to provide a pathway toward freedom from the approval addiction.

Living Sober Trade Edition

When your partner betrays, what are the first steps to picking up the pieces of your shattered heart? Many unsuspecting people wake up every day to discover their loved one, the one person whom they are supposed to trust completely, has been living a life of lies and deceit because they suffer from a disease-sex addiction. This is a disease shrouded in secrecy and shame. This is your go-to-guide for what to do when you discover your partner is a sex addict. Each chapter is based on frequently asked questions by partners such as: Should I Stay or Should I Go? Is This Going to Get Better? How Do I Set Boundaries and Keep Myself Safe? and What Should I Tell the Kids?

Marriage Boot Camp

Real people are developing real addictions online -- and are in need of real solutions. If you are concerned about your child,

your college student, your spouse, or yourself, Real Solutions for Internet Addictions can help. Christian author and Internet expert Stephen Watters helps you diagnose compulsive behavior and looks specifically at online shopping and trading, chat rooms, computer games, gambling, and sexuality. Book jacket.

The Dilemma of the Alcoholic Marriage

From advertisements to mommy blogs to Pinterest, scenes of domestic bliss abound, painting a picture of perfection and expectation nearly impossible to live up to. Why can't you work a full-time job, stylishly clothe yourself and your children, plan a party for twelve with handmade decorations, keep your house sparkling clean without chemicals, and bake a gourmet meal in the same day? Everyone else is doing it! For many women, housework has become more than chores that need to be done; it is a symbol of identity. Sheila Wray Gregoire wants to stop that thinking in its tracks and help women back to a life of balance--for their sakes and for their families. She encourages women to shift their focus from housekeeping to relationships and shows them how to foster responsibility and respect in all family members. The second edition retains the helpful, concrete advice on everyday situations such as strategies for tackling chores and budgets and tips on effective communication, while incorporating the wisdom Sheila has gained through her interaction with thousands of readers of her blog and through her speaking ministry over the past ten years. Through the principles in *To Love, Honor, and Vacuum*, Gregoire promises readers they can grow and thrive in the midst of their hectic lives-even if their circumstances stay the same.

[ROMANCE](#) [ACTION & ADVENTURE](#) [MYSTERY & THRILLER](#) [BIOGRAPHIES & HISTORY](#) [CHILDREN'S](#) [YOUNG ADULT](#) [FANTASY](#)
[HISTORICAL FICTION](#) [HORROR](#) [LITERARY FICTION](#) [NON-FICTION](#) [SCIENCE FICTION](#)