



# *Mending a Shattered Heart*

SECOND EDITION

A Guide for Partners of Sex Addicts

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Stefanie Carnes

## Mending a Shattered Heart: A Guide for Partners of Sex Addicts



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The media goes wild when politicians and celebrities becoming caught “cheating” “cheating” Many of these types of stories focus on the person doing the “cheating”; on the spouses are uncovered in public areas., not the partner who's left behind. All of the material in Mending A Shattered Heart is supplied in a query and answer format that delves into essential information including therapeutic and practical info that the partner may use right away. Mending A Shattered Center displays the reader that they do have options. Will there be really any expect the future of the partnership?, What Will It Mean if My Partner SHOWS a pastime in Minors? Mending A Shattered Heart provides real hope, promise and inspiration to readers who are struggling. Whoever has discovered their cherished one, the one person who they are likely to trust completely, offers been cheating on them would want to browse this book. Readers have a chance to explore if the person they are in a romantic relationship with is simply behaving badly or truly suffers from an illness called sex addiction. Knowing the difference and understanding how to proceed about it could be transformational. What is unique approximately Mending A Shattered Heart is that it includes such inspiration and promise for the partner of a sex addict., How Do I Set Boundaries and Keep Myself Safe? How do they survive the shame and progress? and "What should I tell the youngsters?" Each of these topics are tackled in individual chapters producing a comprehensive guide that offers readers experience on how best to begin the unpleasant street of mending a shattered heart. Writer and editor, Stefanie Carnes brings together several leading specialists in the field of sex addiction and family members therapy to guide the reader through an assortment of difficult queries, including, Should I stay or should I go? It displays the seriousness of sex addiction and will be offering hope by displaying that treatment can be successful, but hard work needs to be carried out by both the partner and the addict. Without partners actually examining their romantic relationship with the sex addict, they are able to find themselves in a spiral of devastating interactions, essentially leaving the relationship and then falling in love with the same kind of person again and again with the same disastrous outcomes. How do they make the decision to stay or go? Also if the partner makes your choice to leave the relationship, there are stuff they can do to greatly help them in their very own recovery and make sure this never happens again. This second edition of the reserve includes a new concentrate on the effect of the trauma when a partner discovers their partner can be cheating and how to proceed about it. Following the press spotlight cools down, what happens to these companions? If they choose in which to stay the relationship, they are able to function toward repairing the broken relationship with their own recovery.



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To Hell and back Answered so many issues I had designed for fifty years. Wedded a Narcissist Borderline character disorder with a sex addiction. Gone to hell and back. When I started scanning this book I was totally baffled and my life was nothing but an excellent mess.. I'd recommend it to anyone. God is definitely Good! Life saver book!!..! I was standing in one point not able to move one step forwards, backwards or to either of the sides. They were not really over reacting.I am Egyptian and he is British. Life Changed completely, thus needed this 30yrs ago. A great reserve. But then things started to get worse each day. Therapy groups are only available for other addictions like Alcohol and Narcotics, but not for sex addiction. A good start to therapy I think this book is a good start to the process of therapy. In times like this, where I don't have enough understanding, and the therapist are not much of a help, this book was a life saver for me.I hope this helps you get past that important milestone of: This disease isn't about you. You didn't cause it at all. It was an extremely useful read within the absence of any help in my nation including therapy organizations. Lets me understand that I'm not really the . We, in Egypt, specially girls, have no idea much about issues like sex addiction or actually about sex in general. The need for this reserve for me personally stems from having less any other aid methods in my country, and I think I know now what I have to do to fix myself and save it from a destructive relationship.I am hoping it helps other folks too, and may God bless the writer who helped from all that distance by firmly taking the time to write this important book.Perhaps the message is effective for genuinely codependent / emotionally immature partners, but when you have a nagging feeling that it doesn't quite apply, be kind to yourself and read "Keep a Cheater, Gain a Existence" or any work by Dr. An excellent book. They have become useful and vital that you read if you have a sex addict in the home. Hoodwinked! Like so many resources for betrayal trauma, this book says "that is traumatic rather than at all your fault", then turns around and says "that is sort of your fault - let's explore what pathology caused you to find yourself in this situation.". Should be prescribed reading for partners of addicts Dr. This message was so confusing and harmful for me as an emotionally and mentally healthful woman of integrity. However the bait-and-switch is a natural consequence of blindly shoehorning serial sexual misconduct in to the addition/disease model. I enjoy the quick and professional support that I got from Amazon, without their help I possibly could never have found that book or browse it. George Simon instead. I'd recommend it to anyone It has helped me tremendously in my own journey through this hell.still trying to heal. It suggests you "perform your own work" while your lover does his own, subtly pushing a fake equivalence.Stefanie Carnes has a very deep understanding of addiction, especially sex addiction and knows comprehensive how it effects the people closest to the addict: partner, kids, friends. It requires you through the domino effect of the progression.This book clearly validates for the partners that they are not crazy. The complete scenario was devastating for me personally when I came across after nine years of marriage that my husband was a sex addict. Lets me understand that I'm not the only person facing this situation and it offers me some points to consider when deciding on what steps I could take or decisions I have to consider. Packed with info on betrayal and trauma that a partner experiences.It takes a lot of excess weight off - the personal blame of maybe if I was prettier, thinner, talked dirty enough, was sexually more experienced. You finally obtain it: it provides nothing at all to do with you! Even if it doesn't solve the problem instantly - as this has to come from within each person according to different conditions of each case - then at least it identifies the issue, tells you what you should know about the combat you discovered yourself in, and leads you to mend your heart and soul that were badly hurt and injured.The thing that I must say i wish would've helped was even more awareness about this disease.The book produced the picture clear in my own mind.Of course, your dialogue with God about ' why me?..(more than 40). In the beginning I thought it was just a difference in culture and background that was causing the issues. The subject of sex addiction appears to be new to depends upon, and the few therapist who find out about it in Egypt were very hard to find. I didn't know how to proceed, I didn't know very well what I am facing, I was just like the king in

a chess game who has just been checked!. I also recommend two more books that I purchased from Amazon, for people who have my problem: "Don't call it love" and "out of the shadows" by Patrick Carnes. This was actually happening. An excellent recovery book Superb book!The book provides its ah-ha occasions where things begin to fall into place and how at each stage you, the partner, knew something was off but just could not put your finger onto it. Helps you to understand your situation, gain perspective and go through the necessary stages to recuperate from your discomfort. I took him to three different therapists in three different situations to figure out the problem but none of them could. I would suggest it. USUALLY DO NOT BUY THIS BOOK i wish we didn't have to provide it even 1 celebrity. the author found out her hubby was a sex addict after this publication no longer even believes in this model. do yourself a favor and find something based on the trauma model rather than this talking about that u are a coaddict and section of the problem!!! Five Stars Great browse. In Egypt, the culture and the religious beliefs are so completely different from Europe or The United States. I gave this 5 stars Will inform everyone I understand that needs this sort of help examine this book.' will continue for some time.. helped me understand questions I have required clarification on for a long time.. It surely isn't fair specifically if you aren't a codependent.... good book Great details, to the idea and easy to read. I gained a lot from the book and recommend it to others. Five Stars Wonderful; spot on



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