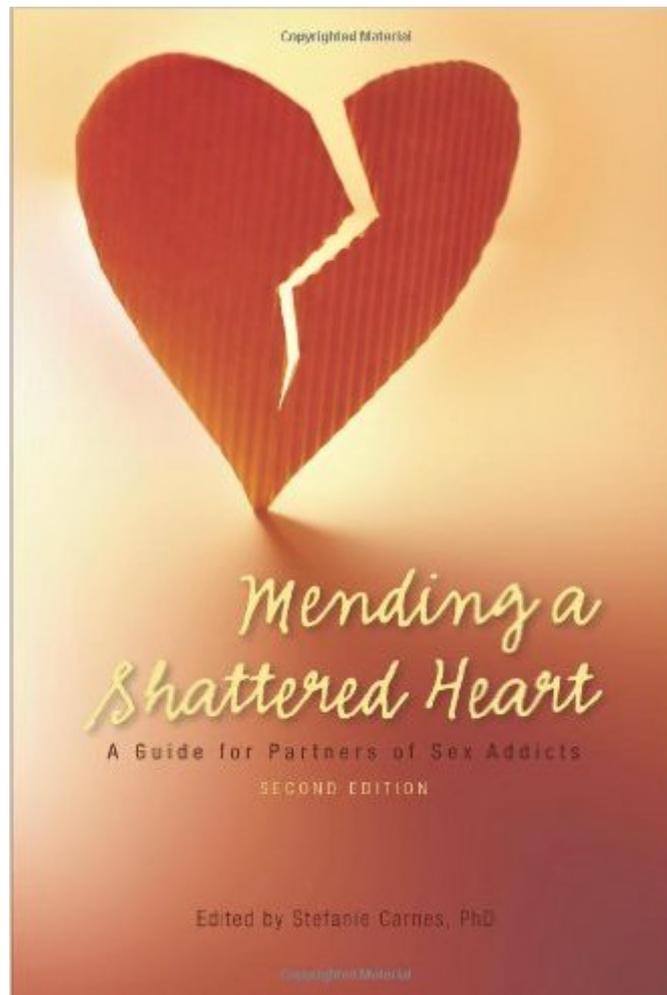


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Mending A Shattered Heart: A Guide For Partners Of Sex Addicts



Synopsis

The media goes wild when politicians and celebrities being caught “cheating” on their spouses are exposed in public. Most of these types of stories focus on the person doing the “cheating”, not the partner who is left behind. After the media spotlight cools down, what happens to these partners? How do they make the decision to stay or go? Is there really any hope for the future of the relationship? How do they survive the shame and move forward? *Mending A Shattered Heart* provides real hope, promise and inspiration to readers who are struggling. Anyone who has discovered their loved one, the one person that they are supposed to trust completely, has been cheating on them will want to read this book. Readers have an opportunity to explore whether the person they are in a relationship with is simply behaving badly or truly suffers from a disease called sex addiction. Knowing the difference and knowing what to do about it can be transformational. Author and editor, Stefanie Carnes brings together several leading experts in the field of sex addiction and family therapy to guide the reader through an assortment of difficult questions, including, Should I stay or should I go?, How Do I Set Boundaries and Keep Myself Safe?, What Does It Mean if My Partner Has Shown an Interest in Minors? and "What should I tell the kids?" Each of these topics are tackled in individual chapters producing a comprehensive guide that offers readers expertise on how to begin the painful road of mending a shattered heart. What is unique about *Mending A Shattered Heart* is that it offers such inspiration and promise for the partner of a sex addict. It shows the seriousness of sex addiction and offers hope by showing that treatment can be successful, but hard work needs to be done—by both the partner and the addict. Without partners really examining their relationship with the sex addict, they can find themselves in a spiral of devastating relationships, essentially leaving the relationship and then falling in love with the same type of person over and over again with the same disastrous results. *Mending A Shattered Heart* shows the reader that they do have options. Even if the partner makes the decision to leave the relationship, there are things they can do to help them in their own recovery and make sure this never happens again. If they choose to stay in the relationship, they can work toward repairing the damaged relationship along with their own recovery. All the material in *Mending A Shattered Heart* is provided in a question and answer format that delves into essential information including therapeutic and practical information that the partner can use right away. This second edition of the book includes a new focus on the impact of the trauma when a partner discovers his or her partner is cheating and what to do about it.

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Customer Reviews

When I started reading this book I was totally at a loss and my life was nothing but a great mess. I didn't know what to do, I didn't understand what I am facing, I was like the king in a chess game who has just been checked!! I was standing in one point not able to move one step forwards, backwards or to either of the sides. The whole situation was devastating for me when I discovered after nine years of marriage that my husband was a sex addict. I am Egyptian and he is British. In Egypt, the culture and the religion are so very different from Europe or The United States. At the beginning I thought it was just a difference in culture and background that was causing the problems. But then things started to get worse by the day. We, in Egypt, specially girls, don't know much about issues like sex addiction or even about sex in general. I took him to three different therapists in three different situations to figure out the problem but none of them could. In a situation like that, where I don't have enough knowledge, and the therapist are not much of a help, this book was a life saver for me. The book made the picture clear in my mind. Even if it doesn't solve the problem immediately - as this has to come from within each person according to different circumstances of each case - then at least it identifies the problem, tells you what you need to know about the fight you found yourself in, and leads you to mend your heart and soul that were badly hurt and injured. It was a very useful read in the absence of any help in my country including therapy groups. The subject of sex addiction seems to be new to the whole world, and the few therapist who know about it in Egypt were very hard to locate.

I think the best way I can be helpful with this review is to simply tell you what's inside. This book is based on insights taken from the 12-step program. It's written for the partner of the sex addict. The focus is squarely on taking charge of one's own life, and realizing that the sex addict must make the changes in their own life. This is not a couple's workbook. It's a workbook for one person -- the partner of the sex addict. Part I is meant for all such partners to read. Part II contains information relevant to specific situations: for example, when kids are involved, for gay couples, and when the sex addict is a man attracted to other men. Chapter 2, "I Need to Know Everything that Happened... Or Do I?" is an especially helpful chapter. It takes a straightforward look at the frequent compulsion of non-addict partners to ask about every single detail of the betrayal, to leave no transgression unturned. The authors take the interesting perspective that a more general outline may be wiser. Using the "real estate" metaphor, the authors suggest that there is only so much emotional room in the mind, and that filling it up with too much detail might lead to more pain and hurt than is necessary. It also might make it harder to move on and forward, by creating associations and imagined memories that take longer to heal. It's an interesting and powerful chapter. The Table of Contents gives you a clear outline of what else you'll find in the book:----Part I -- For All Partners of Sex Addicts 1. What Is Sex Addiction 2. I Need to Know Everything that Happened... Or Do I? 3. Is This Going to Get Better 4. Should I Stay Or Should I Go? 5. How Do I Set Boundaries and Keep Myself Safe? 6.

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