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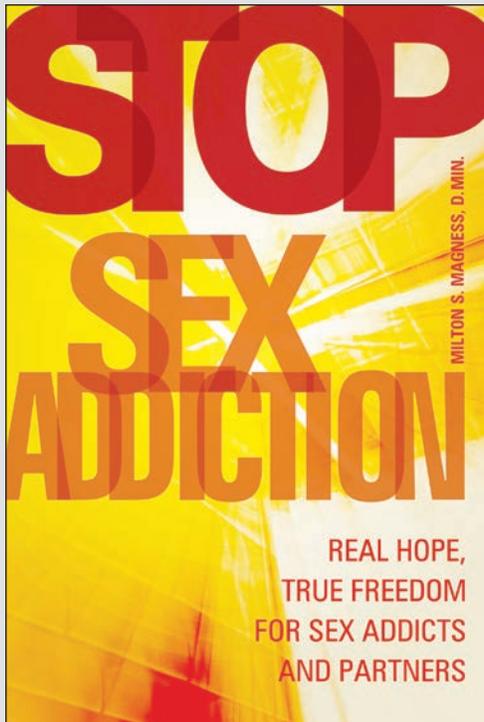
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Stop Sex Addiction

Real Hope, True Freedom for Sex Addicts and Partners

By Milton S. Magness, D. Min.

A comprehensive volume on sex addiction with an emphasis on traditional family values.



By Milton Magness, D. Min.
Central Recovery Press
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334 pages
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“A must-read for every sex addict, their partner, and their family. Each page instills hope for those struggling with sex addiction, while not minimizing the pain involved in the process.”—David L. Delmonico, PhD, author of *In the Shadows of the Net*

Compulsive sexual behavior, or sex addiction, results in countless negative consequences and hurts many people. Relationships, marriages, families, and careers are destroyed by sex addiction.

But there is hope because sex addiction is treatable. Through hard work and a rigorous recovery program, it is possible for sex addicts to stop all of their destructive behavior and for relationships to be restored. Included are sections that address issues specific to the sex addict, some oriented for the partner of the addict, and others focused on the couple. The material presents the recovery process in detail, breaking it down into phases and guiding the reader through the process.

Stop Sex Addiction is a guidebook that gives those whose lives have been affected by sex addiction a thorough understanding of this insidious form of addiction and a way forward in relationships and life.

“Writing from a wealth of experience, Milton Magness has written a superb book to both partners in a relationship impacted by sex addiction. The addicted person and his or her partner will both feel understood, supported, and validated. You feel him speaking to the readers and know he is championing them in their journey.”—Claudia Black, PhD, addiction specialist, author of *Intimate Treason* and *Deceived*

About the Author



Milton S. Magness, D. Min., MA, LPC, CSAT, is the founder and director of Hope & Freedom Counseling Services in Houston, Texas. He served five terms as the president of the Society for the Advancement of Sexual Health (SASH), the international professional organization for sexual addiction therapists. Dr. Magness has led national workshops on cybersex addiction and has conducted a multistate research study that focused on cybersex behavior and recovery among self-identified sex addicts. Prior to becoming a therapist he was a pastor for twenty years. He holds a Doctor of Ministry from Luther Rice Seminary, Master of Arts in Psychology from Houston Baptist University, and Master of Arts in Religious Education from Southwestern Seminary. He lives in Houston, Texas.

Q & A with Milton Magness

Why did you write *Stop Sex Addiction*?

I wrote this book to bring hope to sex addicts and their partners and to lead them in a journey toward restoring their relationship. Partners of sex addicts are often further traumatized by being labeled, “co-addicts” or “codependents.” This book rejects such labeling and focuses on how the partner can heal from the trauma that has been caused by the sex addict. Sex addicts benefit from this perspective in that they are able to learn how to identify with their partner’s woundedness and participate in their partner’s healing.

What makes this book unique?

Other books on the subject focus on the dysfunction of addiction. This one focuses on hope and ultimately on freedom. The goal is for the addict to be able to be completely free from all addictive behaviors. Rather than being free from addiction, this book talks about how to be “free within the addiction,” an acknowledgment that while an addict will not be able to say he or she has been cured, he or she can learn to live totally free from all addictive behaviors and experience life in a totally different realm.

This book includes the results of a survey of partners of sex addicts and former sex addicts that gives insight into what helps and hurts in the partner’s healing and in the restoration of trust.

How does this book address recovery?

How much room do you have? This book is all about recovery. It takes couples from the first discovery of sexual acting out through the recovery process for both the sex addict and the partner, and it gives attention to the things that are required for the relationship to be rebuilt.

Who is your target audience for this book?

- Sex addicts
- Partners of sex addicts
- People who wonder if they are a sex addict or if they could be in relationship with a sex addict
- People who want to learn about sex addiction

Additional Information

- Sex addiction is a growing menace that threatens all strata of our society. Millions of marriages and relationships have been ruined or ended. Numerous reputations have been sacrificed on the altar of compulsive sexual behavior. Sex addiction is responsible for the waste of billions of dollars annually.
- Written by a professional with over thirty years of counseling experience, in addition to two decades as a Christian pastor.
- Since 1997, pornography has had a steady annual growth rate of 40 percent.
 - The unique features of this book include a focus on the trauma of partners, the mechanics of disclosure, using polygraph exams as an adjunct to sex addiction therapy, the partner’s survival kit, hallmarks of quality recovery, and healthy sexuality.