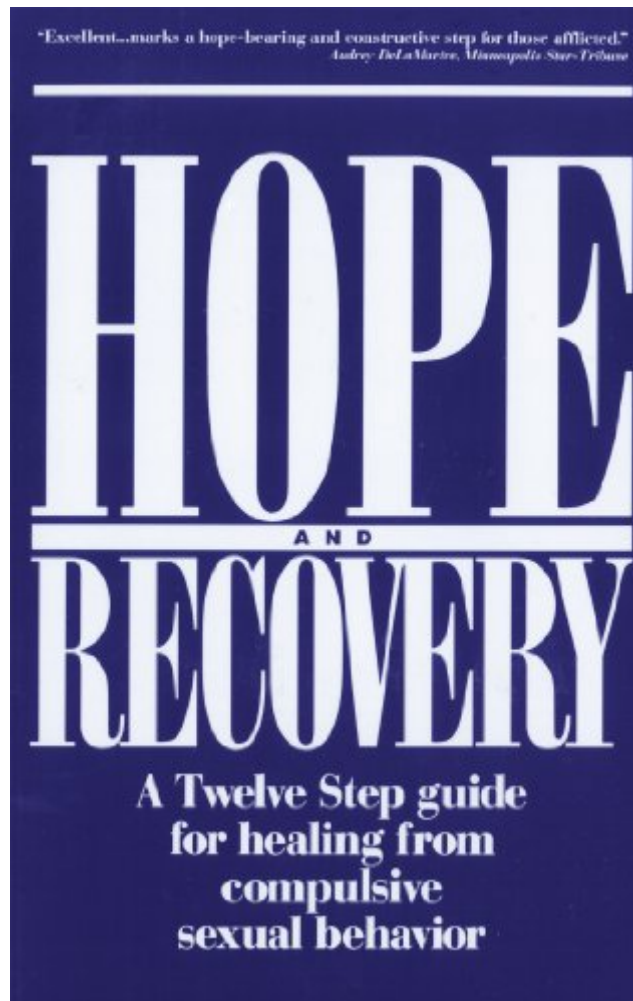


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# Hope And Recovery: A Twelve Step Guide For Healing From Compulsive Sexual Behavior



## Synopsis

A remarkable work, *Hope and Recovery* guides and supports the life-transforming move from self-defeating and destructive sexual behavior to healthy, affirming sexuality. This widely acclaimed contribution to addiction literature applies the Twelve Step Program of Alcoholics Anonymous to the complex problem of sex addiction.

## Book Information

File Size: 3062 KB

Print Length: 364 pages

Publisher: Hazelden; Revised ed. edition (August 4, 2010)

Publication Date: August 4, 2010

Sold by:Â Digital Services LLC

Language: English

ASIN: B00BS03KS0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #193,703 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Sexual

Addiction #90 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #105

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## Customer Reviews

*Hope & Recovery* is the current basic text of SAA (Sex Addicts Anonymous, a twelve-step group for sexually recovering people). The book is designed for individuals who feel that they are sexually compulsive and are looking for information on the addictive disease and "tools" to use to become and remain free from sexual addiction. Each of the twelve steps is explained in detail on how they can be lived daily for sexual recovery. A number of individuals tell their own experiences of how they lived their disease, discovered the hope of the program, and how they are currently living a life of recovery. The book is well written, sensitive, hopeful, and a continual must read through the journey of recovery. Definitely *Hope & Recovery*.

I was checking out some recovery books on and noticed this review about "Hope and Recovery". I'm a member of Sex Addicts Anonymous and "Hope and Recovery" IS NOT the basic text of that fellowship. It is read, but it's not the basic text. If you read the Steps and Traditions in the book, and really the rest of the book, nowhere is Sex Addicts Anonymous ever mentioned in those pages. I'm not saying "don't read Hope and Recovery," I just want to make it clear that it's not the basic text of SAA. "Hope and Recovery" is a good read especially if you're a sex addict seeking recovery. It's a great book to "identify" with the problem of sex addiction. What has helped me in my recovery program with sex addiction, however, is reading the Big Book of Alcoholics Anonymous and the AA "Twelve Steps and Twelve Traditions"--the start of all 12-Step recovery programs. Though not an alcoholic, I can translate the problem as well as the solution to my sex addiction and my recovery from it, one day at a time. I use these two books more than I use "Hope and Recovery."

Hope & Recovery is one of the best books on the market teaching and encouraging recovery for the Sex Addict who has run out of options and is ready to do anything to deal with their addiction.

(NOTE: The goal is a healthy sexual and emotional life, NOT one of celibacy and isolation.) Works best if you have contact with another recovering addict, but will work solo if you are dedicated to your recovery. Cannot recommend highly enough to ALSO get Hope And Recovery The Workbook which contains questions about each of the steps, traditions, slogans, and even the stories. Questions designed to make you think, and sometimes even do a bit of soul searching.

The book helped me a lot to see that there is hope for me. Thanks. I do recommend this book. It WOKS

The book is okay but it is not what I expected. I needed an explanation of how the twelve step program could be applied to those with sexual addictions in a group setting. This book is more like a long explanation of each step, with no theoretical application with some case histories attached to the back of the book. If you are an addictive personality and you have this particular addiction or wish to help those with this type of addiction; this is not the book for you.

Just as clarification: This book was written by anonymous members of the group Sexual Compulsives Anonymous (SCA) and is the basic text of that group. I am a member of SCA and I have found this book extremely helpful. I would recommend it to anyone, both on the basis of a

standalone book and a possible introduction to what SCA is about.

A must have book for recovery from sex addiction. It takes the addict through the steps and also has personal stories of recovery in it too. Highly recommend.

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