

Love, Infidelity, and Sexual Addiction: A Codependent's Perspective- Including Cybersex Addiction

Christine A. Adams



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Love, Infidelity and Sexual Addiction: With Cybersex Addiction is an honest sharing of a trust betrayed. It chronicles the author's personal experiences with a sexually addicted spouse as well as stories of others in recovery from coaddiction. This book offers hope and healing to those who have suffered from repeated betrayal. First, it explains the cycle of sexual addiction: the compulsive use of multiple affairs, pornography, or cybersex. When the author, who suffered through repeated infidelities, learned about sexual addiction, she discovered how her coaddictive behaviors plugged into that addictive cycle. This comprehensive book not only defines Sexual Addiction, Coaddiction and Cybersex Addiction; but offers a system of emotional and behavioral self-help considerations in these chapters: The Shame-based Family and The Spiritually Centered Family, Signs of Obsession, Compulsive Behavior, Finding Self, The Solution, A Healthy Relationship, and the Primary Spiritual Relationship.

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