

[Get Print Book](#)

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts

By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez

[Download](#)[Read Online](#)

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez

When you discover that the person you loved and trusted most in the world is hiding a secret life as a sex addict, the result can be devastating. Facing that heartbreak is what this book is all about. The healing process will take time regardless of whether you decide to stay in the relationship or leave.

Facing Heartbreak weaves real life stories with practical therapeutic advice and specific tasks that gently educate, empower, and guide the partner of the sex addict through a process of recovery. Using Dr. Patrick Carnes' thirty-task sex recovery model, readers will learn to heal from the heartbreak and betrayal as they discover hope and healing.

Stefanie Carnes, Ph.D., has led numerous research projects on addiction and authored many publications including her nationally renowned book, *Mending a Shattered Heart: A Guide for Partners of Sex Addicts* (2nd edition, Sept. 2011). Dr. Carnes is a Licensed Marriage and Family Therapist, an AAMFT clinical member and approved supervisor. She is also certified through IITAP (International Institute for Trauma and Addiction Professionals) as a Sex Addiction Therapist and Supervisor. Dr. Carnes resides in Phoenix, AZ.

Mari A. Lee, MA, LMFT, CSAT is a Licensed Marriage and Family Therapist, and a Certified Sex Addiction Therapist. Ms. Lee is the founder of Growth Counseling Services, Inc., a recovery center in Pasadena, CA, where she sees clients for individual, couples and group therapy. In addition, she is a respected writer, speaker and presenter on women's issues, compulsive sexual behavior, trauma, communication, and leads workshops and weekend intensives for women in the areas of co-dependency, self-image and esteem. Ms. Lee resides in Southern California.

Anthony Rodriguez, MSW, CSAT, BCSA, LISW, LCSW, is the Founder and Clinical Director of The Men's Center. Mr. Rodriguez has pursued continuing education in the areas of treating survivors of sexual violence, anger management, addictions and other general mental health issues. He is a Certified Sex Addiction Therapist and is Board certified in treating sexual abuse by the American Academy of Experts in Traumatic Stress. He is also a technical consultant with the Office for Victims of Crime Training & Technical Assistance

Center (U.S. Dept. of Justice). Mr Rodriguez resides in Iowa City, IA.

 [Download Facing Heartbreak: Steps to Recovery for Partners ...pdf](#)

 [Read Online Facing Heartbreak: Steps to Recovery for Partner ...pdf](#)

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts

By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez

When you discover that the person you loved and trusted most in the world is hiding a secret life as a sex addict, the result can be devastating. Facing that heartbreak is what this book is all about. The healing process will take time regardless of whether you decide to stay in the relationship or leave.

Facing Heartbreak weaves real life stories with practical therapeutic advice and specific tasks that gently educate, empower, and guide the partner of the sex addict through a process of recovery. Using Dr. Patrick Carnes' thirty-task sex recovery model, readers will learn to heal from the heartbreak and betrayal as they discover hope and healing.

Stefanie Carnes, Ph.D., has led numerous research projects on addiction and authored many publications including her nationally renowned book, *Mending a Shattered Heart: A Guide for Partners of Sex Addicts* (2nd edition, Sept. 2011). Dr. Carnes is a Licensed Marriage and Family Therapist, an AAMFT clinical member and approved supervisor. She is also certified through IITAP (International Institute for Trauma and Addiction Professionals) as a Sex Addiction Therapist and Supervisor. Dr. Carnes resides in Phoenix, AZ.

Mari A. Lee, MA, LMFT, CSAT is a Licensed Marriage and Family Therapist, and a Certified Sex Addiction Therapist. Ms. Lee is the founder of Growth Counseling Services, Inc., a recovery center in Pasadena, CA, where she sees clients for individual, couples and group therapy. In addition, she is a respected writer, speaker and presenter on women's issues, compulsive sexual behavior, trauma, communication, and leads workshops and weekend intensives for women in the areas of co-dependency, self-image and esteem. Ms. Lee resides in Southern California.

Anthony Rodriguez, MSW, CSAT, BCSA, LISW, LCSW, is the Founder and Clinical Director of The Men's Center. Mr. Rodriguez has pursued continuing education in the areas of treating survivors of sexual violence, anger management, addictions and other general mental health issues. He is a Certified Sex Addiction Therapist and is Board certified in treating sexual abuse by the American Academy of Experts in Traumatic Stress. He is also a technical consultant with the Office for Victims of Crime Training & Technical Assistance Center (U.S. Dept. of Justice). Mr Rodriguez resides in Iowa City, IA.

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez **Bibliography**

- Sales Rank: #37930 in Books
- Brand: Gentle Path Press
- Published on: 2012-10-16

- Original language: English
- Number of items: 1
- Dimensions: 10.90" h x .70" w x 8.40" l, 2.20 pounds
- Binding: Paperback
- 320 pages

 [Download Facing Heartbreak: Steps to Recovery for Partners ...pdf](#)

 [Read Online Facing Heartbreak: Steps to Recovery for Partner ...pdf](#)

Download and Read Free Online Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts
By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez

Editorial Review

Review

In *Facing Heartbreak*, authors and clinicians Stefanie Carnes, Mari A. Lee, and Anthony Rodriguez, combine their wisdom and experience in offering hope to traumatized partners of sex addicts. This book lays out a clear and compassionate path of healing. It is as comprehensive as it is practical in covering the range of issues faced by the heartbreak of betrayal. The authors have created an invaluable resource and companion for those seeking recovery as well as for the clinicians who treat them.

--Kenneth M. Adams, Ph.D., CSAT

Author, *Silently Seduced: When Parents Make Their Children Partners* and *When He's Married to Mom: How to Help Mother-Enmeshed Men Open Their Hearts to True Love and Commitment*

Clinical Director of Kenneth M. Adams and Associates in suburban Detroit, Michigan and Life Healing in Santa Fe, New Mexico

This groundbreaking book fills a huge gap in helping partners of sex addicts realize the full possibility of their potential for restoring their lives. Following the guidance of *Facing Heartbreak* will ensure the discovery of a vital, healthy self, long ago lost by deceit. This is the book I will be putting in the hands of all my clients.

--Alexandra Katehakis, MA, MFT

Author, *Erotic Intelligence: Igniting Hot, Healthy Sex While in Recovery From Sex Addiction*

This is a wonderful resource for partners of sex addicts who are seeking to understand the impact of the lies, manipulation, and betrayal they have endured. Packed with easy to use, practical exercises, *Facing Heartbreak* is an essential guide to healing.

--M. Deborah Corley, Ph.D., LMFT, CSAT

Co-founder and co-owner of Santé Center for Healing

Co-author, *Disclosing Secrets: An Addict's Guide to When, To Whom, and How Much to Reveal*

In the aftermath of discovering their mate's sex addiction, this book provides a series of detailed exercises to help men and women work through their emotions, understand addiction, heal themselves, and make good decisions. For partners looking for a step-by-step guide to recovery, *Facing Heartbreak* should be required reading. I highly recommend it.

--Jennifer P. Schneider, M.D., Ph.D.

Author, *Disclosing Secrets; Back from Betrayal; Sex, Lies, and Forgiveness; and Untangling the Web*

WOW! The authors have delivered a much needed guide for the men and women who have been traumatized by their partner's betrayal. This is a must read for both therapists and partners. It helps betrayed partners make sense of their emotions and know there is a way out of the confusion. This much needed Patrick Carnes Task Centered Approach helps readers understand what is happening and what to do. This is not about theory, it is about healing. Thank you for your never ending dedication to excellence.

--Barbara S Levinson Ph.D, RN, LMFT, CST Diplomate, CSAT Supervisor, LSOTP

The consequences and hurt evoked by infidelity and unresolved addictions are universal, regardless of race,

gender or sexual orientation. Love and pain often live side by side for those surviving the loss of trust, secrecy and the betrayal that occurs for partners of sex addicts. With incredible sensitivity and insight, the authors of *Facing Heartbreak* provide the concrete direction and support necessary for partners of sex addicts to find answers, healing and peace.

--Robert Weiss LCSW, CSAT-S
Author, Educator, Addiction Specialist

About the Author

Stefanie Carnes, Ph.D., has led numerous research projects on addiction and authored many publications including her nationally renowned book, *Mending a Shattered Heart: A Guide for Partners of Sex Addicts* (2nd edition, Sept. 2011). Dr. Carnes is a Licensed Marriage and Family Therapist, an AAMFT clinical member and approved supervisor. She is also certified through IITAP (International Institute for Trauma and Addiction Professionals) as a Sex Addiction Therapist and Supervisor. Dr. Carnes resides in Phoenix, AZ.

Mari A. Lee, MA, LMFT, CSAT is a Licensed Marriage and Family Therapist, and a Certified Sex Addiction Therapist. Ms. Lee is the founder of Growth Counseling Services, Inc., a recovery center in Pasadena, CA, where she sees clients for individual, couples and group therapy. In addition, she is a respected writer, speaker and presenter on women's issues, compulsive sexual behavior, trauma, communication, and leads workshops and weekend intensives for women in the areas of co-dependency, self-image and esteem. Ms. Lee resides in Southern California.

Anthony Rodriguez, MSW, CSAT, BCSA, LISW, LCSW, is the Founder and Clinical Director of The Men's Center. Mr. Rodriguez has pursued continuing education in the areas of treating survivors of sexual violence, anger management, addictions and other general mental health issues. He is a Certified Sex Addiction Therapist and is Board certified in treating sexual abuse by the American Academy of Experts in Traumatic Stress. He is also a technical consultant with the Office for Victims of Crime Training & Technical Assistance Center (U.S. Dept. of Justice). Mr Rodriguez resides in Iowa City, IA.

Users Review

From reader reviews:

Margaret Williams:

The book *Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts* make you feel enjoy for your spare time. You need to use to make your capable considerably more increase. Book can to be your best friend when you getting pressure or having big problem using your subject. If you can make examining a book *Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts* to get your habit, you can get much more advantages, like add your current capable, increase your knowledge about some or all subjects. You are able to know everything if you like available and read a reserve *Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts*. Kinds of book are several. It means that, science guide or encyclopedia or other folks. So , how do you think about this guide?

Jolie Browne:

The experience that you get from *Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts* is the more deep you rooting the information that hide inside words the more you get enthusiastic about reading it.

It does not mean that this book is hard to be aware of but Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts giving you enjoyment feeling of reading. The author conveys their point in particular way that can be understood through anyone who read the idea because the author of this reserve is well-known enough. This book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts instantly.

James Helm:

In this time globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. The book that recommended to you is Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts this publication consist a lot of the information on the condition of this world now. This specific book was represented how do the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The particular writer made some study when he makes this book. That's why this book ideal all of you.

Cheryl Crockett:

This Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts is new way for you who has attention to look for some information mainly because it relief your hunger associated with. Getting deeper you onto it getting knowledge more you know or perhaps you who still having tiny amount of digest in reading this Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts can be the light food in your case because the information inside that book is easy to get simply by anyone. These books acquire itself in the form which can be reachable by anyone, yes I mean in the e-book application form. People who think that in guide form make them feel sleepy even dizzy this book is the answer. So you cannot find any in reading a publication especially this one. You can find what you are looking for. It should be here for a person. So , don't miss it! Just read this e-book kind for your better life and knowledge.

Download and Read Online Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez #YQR210C5T3Z

Read Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez for online ebook

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez books to read online.

Online Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez ebook PDF download

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez Doc

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez Mobipocket

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts By Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez EPub