

## Bangla Sex Guide

Overcoming Sex Addiction is an accessible self-help guide which uses the principles of cognitive behaviour therapy to help those with problematic or unwanted patterns of sexual behaviour. It is designed for those who are not yet ready to seek professional help or who live in a place where little help is available and can be used in conjunction with general psychotherapy. Written by a leading expert in the field, the book offers an insight into the origins of sex addiction, before going on to explain the cycle of addiction and how to break it. The book has a do-it yourself week-by-week programme of action to tackle compulsive sexual behaviour, and provides extensive advice on relapse prevention to help the reader move forward in recovery. Overcoming Sex Addiction will provide clear, informed guidance for sex addicts and those professionals working with them.

Offering a rich and insightful road map of Asian American history as it has evolved over more than 200 years, this book marks the first systematic attempt to take stock of this field of study. It examines, comments, and questions the changing assumptions and contexts underlying the experiences and contributions of an incredibly diverse population of Americans. Arriving and settling in this nation as early as the 1790s, with American-born generations stretching back more than a century, Asian Americans have become an integral part of the American experience; this cleverly organized book marks the trajectory of that journey, offering researchers invaluable information and interpretation. Part 1 offers a synoptic narrative history, a chronology, and a set of periodizations that reflect different ways of constructing the Asian American past. Part 2 presents lucid discussions of historical debates—such as interpreting the anti-Chinese movement of the late 1800s and the underlying causes of Japanese American internment during World War II—and such emerging themes as transnationalism and women and gender issues. Part 3 contains a historiographical essay and a wide-ranging compilation of book, film, and electronic resources for further study of core themes and groups, including Chinese, Japanese, Filipino, Hmong, Indian, Korean, Vietnamese, and others.

Two years ago, I was congratulating a young Muslimah on her engagement. She was thrilled about starting married life and you could see the happiness emanating from her as everyone gave her their best wishes. A few months later, I could tell something was wrong. After some cajoling, she shyly admitted the truth. Her sex life was horrible. In fact, it was fast becoming non-existent. She had been a model Muslimah her entire life. Before marriage, she had never so much as held a non-mahram's hand, let alone become physically intimate with one. She had eagerly looked forward to marriage as a chance to finally indulging in all the physical intimacy she had postponed for the sake of Allah. But it wasn't working. Coming from the medical field, she knew all the relevant biology. She could draw and label all the parts of male and female anatomy. She had taken fiqh classes and knew the legal rulings of menstruation and intercourse. But she didn't know sex. Oh, she knew the mechanics. Insert penis into vagina. Climax. Withdraw. But she didn't know how to make her husband yearn for her in bed. She didn't know what he liked. She didn't even know what she liked! They had begun eagerly but after a few weeks, realized that neither of them was truly enjoying having sex with each other. And so began my impromptu sex skills workshop. I threw at her all the information I'd gathered over years of marriage. Things I'd learned from experience, tidbits I'd gleaned from friends, tips I'd picked up from magazine articles. One thing here, two things there. All those bits had accumulated into a very healthy and robust sex life between me and my husband. I gave her everything, fervently hoping that it would help her in her marital life. A month later, I saw her again. This time she had a gigantic smile on her face. "Please, write this down and share it with other Muslim girls. No one teaches this. We're thrown into marriage and only know the fiqh and the biology." I wrote down everything I told her on a Word document and emailed it to her. She shared it with her friends who were newly married. They shared it with their friends.

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Before long, word trickled back to me that people were asking me to write a book on the subject. So here it is.

This insightful book offers practical advice to fieldworkers in social research, enabling robust and judicious applications of research methods and techniques in data collection. It also outlines data collection challenges that are commonly faced when working in the field. An essential exploration of why and how women's sexuality works—based on groundbreaking research and brain science—that will radically transform your sex life into one filled with confidence and joy. Researchers have spent the last decade trying to develop a “pink pill” for women to function like Viagra does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never be the answer—but as a result of the research that's gone into it, scientists in the last few years have learned more about how women's sexuality works than we ever thought possible, and *Come as You Are* explains it all. The first lesson in this essential, transformative book by Dr. Emily Nagoski is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. So we never need to judge ourselves based on others' experiences. Because women vary, and that's normal. Second lesson: sex happens in a context. And all the complications of everyday life influence the context surrounding a woman's arousal, desire, and orgasm. Cutting-edge research across multiple disciplines tells us that the most important factor for women in creating and sustaining a fulfilling sex life, is not what you do in bed or how you do it, but how you feel about it. Which means that stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible. And Emily Nagoski can prove it.

Phuket has much to tempt the visitor, with its fabulous mix of tropical beaches, buzzing nightlife and fascinating temples. Berlitz Pocket Guide Phuket is a concise, full-colour travel guide that combines lively text with vivid photography to highlight the best that the island and surrounding region has to offer. Inside Phuket Pocket Guide: Where To Go details all the key sights in the region, while handy maps on the cover flaps help you find your way around, and are cross-referenced to the text. Top 10 Attractions gives a run-down of the best sights to take in on your trip. Perfect Tour provides an itinerary for the island and around. What To Do is a snapshot of ways to spend your spare time, from excellent diving and snorkelling, or taking boat trips to surrounding islands, to jungle safaris, bar-hopping in Patong and shopping in the markets for tailor-made clothes and local spices. Essential information on Phuket's culture, including a brief history of the island. Eating Out covers the island's best cuisine. Curated listings of the best hotels and restaurants. A-Z of all the practical information you'll need. About Berlitz: Berlitz draws on years of travel and language expertise to bring you a wide range of travel and language products, including travel guides, maps, phrase books, language-learning courses, dictionaries and kids' language products.

In *Kosher Sex*, Rabbi Boteach pioneers a revolutionary approach to sex, marriage, and personal relationships, drawing on traditional Jewish wisdom. Using his experiences counseling individuals and couples, the author breaks down sexual taboos and openly, yet respectfully, discusses the meanings, emotions, and the hidden power of sex. With his unique anecdotal style, Rabbi Boteach illustrates each and every point, using real couples who have discovered the joys of “kosher sex”—sex based on love, trust, and real intimacy. He profiles the two most common types of couples—best friends and passionate lovers—and suggests ways of synthesizing the best that each type has to offer. Rabbi Boteach also has advice for singles on finding the right partner; for individuals either willing to take their long-term relationship to the next level or unsure about doing so; and for married couples who may be experiencing problems in their sex life. At a time when three out of every five marriages fail, *Kosher Sex* will

have an astonishing and positive impact. With a no-holds-barred conversational style and keen insight, Rabbi Boteach breaks all the taboos and pioneers a new approach to sex, marriage, and personal relationships. He not only brings traditional Jewish wisdom into the twentieth century but makes it relevant to everyone searching for a deeper, more meaningful, and more satisfying love life. --> From the Trade Paperback edition.

What is "ordinary but extraordinary" sex? Imagine the basics. Foreplay, taking the clothes off, handjobs, blowjobs, and plain ole' no-crazy-positions sex. That's what we're talking about here. Just the normal stuff. Nothing crazy. Nothing too extravagant or complicated. We're just talking about the basics. But we're going to explain how to make the basics, better. How to make them the best versions of themselves. How to have the best foreplay, take your clothes off in the sexiest way, give the most teasing hand job, tantalizing blowjob, and finish the night with the best possible sex. This is your guide to the best ordinary sex you'll ever have.

Berlitz Pocket Guides: iconic style, a bestselling brand, this is the quintessential pocket-sized travel guide to Thailand. -Newly updated edition of Berlitz Thailand -Over 45 million copies sold across the series worldwide -High production values - fresh colour-coded design, full-colour throughout, with glossy maps on the inside cover flaps Content overview: - Top Ten Attractions and Perfect Day itinerary suggestions, including Kwai River Bridge and Ko Samui - Insightful overview of landscape, history and culture - Essential practical information on everything from Eating Out to Getting Around

Islamic Guide To Sexual Relations by Mufti Muhammad Ibn Adam al-Kawthari. 2010 edition. Fulfilment of sexual desire and needs are key in sustaining a harmonious marital relationship. However, in today's society, sexual boundaries are being pushed further and further, and often, sexual deviance is openly practised. In such circumstances, there is a need to identify which sexual activities are permissible in Shariah. Islamic Guide to Sexual Relations is a serious endeavour to tackle these sensitive matters in a clear and concise manner. While being respectful and dignified in the language he employs, the author does not shy away from discussing sensitive issues. He records, in thorough detail, the guidance Islam provides regarding sexual encounters with one spouse. The book covers a wide range of issues, and thus, answers many frequently asked questions on the topic of sexual relations. It concludes with a short chapter addressing Islamic etiquettes and practises pertaining to newlyweds on their first night. I have found this work to be beneficial and highly informative, and strongly recommend the study of this book to all prospective couples, and indeed, to all couples. – Mufti Zubair Bayat, Director: Darul Ihsan centre, Durban, South Africa I highly recommend this excellent, thorough book by Mufti Muhammad ibn Adam on an important and sensitive topic that many “if not most Muslim couples are woefully unaware of. – Shaykh Faraz Rabbani, Seekers Guidance. ”This guide essentially aimed at Muslims reveals a surprisingly liberal view on sexuality considering many of the rules and etiquettes for matrimonial relationship were established 1400 years ago. Modern psychosexual medicine has been a relatively young member of the field of medicine and echoes much of the Islamic view contained in this book. Muslims will no doubt be surprised by some of the legal rulings regarding intimate relationships between the married couple which has in essence removed many cultural concretio This holiday themed release offers five religiously themed stories about Christmas, offering lessons about life and spirituality. Among the stories offered in the program are Oh Little Town of Bethlehem, Don't Forget the Baby Jesus, The Christmas Tree, Dear Santa, and The First Christmas. ~ Camilla Collar, Rovi

The forms, policies, and practices of citizenship are changing rapidly around the globe, and the meaning of these changes is the subject of deep dispute. Citizenship Today brings together leading experts in their field to define the core issues at stake in the citizenship debates. The first section investigates central trends in national citizenship policy that govern access to citizenship, the rights of aliens, and plural nationality. The following section explores how forms

of citizenship and their practice are, can, and should be located within broader institutional structures. The third section examines different conceptions of citizenship as developed in the official policies of governments, the scholarly literature, and the practice of immigrants and the final part looks at the future for citizenship policy. Contributors include Rainer Bauböck (Austrian Academy of Sciences), Linda Bosniak (Rutgers University School of Law, Camden), Francis Mading Deng (Brookings Institute), Adrian Favell (University of Sussex, UK), Richard Thompson Ford (Stanford University), Vicki C. Jackson (Georgetown University Law Center), Paul Johnston (Citizenship Project), Christian Joppke (European University Institute, Florence), Karen Knop (University of Toronto), Micheline Labelle (Université du Québec à Montréal), Daniel Salée (Concordia University, Montreal), and Patrick Weil (University of Paris 1, Sorbonne)

From award-winning poet Saeed Jones, *How We Fight for Our Lives*—winner of the Kirkus Prize and the Stonewall Book Award—is a “moving, bracingly honest memoir” (The New York Times Book Review) written at the crossroads of sex, race, and power. One of the best books of the year as selected by The New York Times; The Washington Post; NPR; Time; The New Yorker; O, The Oprah Magazine; Harper’s Bazaar; Elle; BuzzFeed; Goodreads; and many more. “People don’t just happen,” writes Saeed Jones. “We sacrifice former versions of ourselves. We sacrifice the people who dared to raise us. The ‘I’ it seems doesn’t exist until we are able to say, ‘I am no longer yours.’” Haunted and haunting, *How We Fight for Our Lives* is a stunning coming-of-age memoir about a young, black, gay man from the South as he fights to carve out a place for himself, within his family, within his country, within his own hopes, desires, and fears. Through a series of vignettes that chart a course across the American landscape, Jones draws readers into his boyhood and adolescence—into tumultuous relationships with his family, into passing flings with lovers, friends, and strangers. Each piece builds into a larger examination of race and queerness, power and vulnerability, love and grief: a portrait of what we all do for one another—and to one another—as we fight to become ourselves. An award-winning poet, Jones has developed a style that’s as beautiful as it is powerful—a voice that’s by turns a river, a blues, and a nightscape set ablaze. *How We Fight for Our Lives* is a one-of-a-kind memoir and a book that cements Saeed Jones as an essential writer for our time.

The first edition of *Male Sexual Function: A Guide to Clinical Management* was published in 2001. Since that time, two new oral medications for erectile dysfunction (ED), Vardenafil (Levitra) and Tadalafil (Cialis), have been introduced. Links between ED and lower urinary tract symptoms have been postulated, advances in the basic science of erectile physiology have occurred, and the appreciation of ED as a form of endothelial dysfunction and a harbinger of other more potentially lethal forms of vascular disease has become more widespread. In some instances, third-party payers have reduced or eliminated coverage for ED treatments in an attempt to cut costs. They have classified sexual activity as “recreational,” “lifestyle,” or not medically necessary, but have failed to appreciate the negative consequences of ED, such as depression with all of its ramifications. *Male Sexual Function: A Guide to Clinical Management, Second Edition* is a comprehensive overview of the field of male sexual function and includes a chapter on female sexual dysfunction, an emerging field with a very high incidence in the population and an ever-growing following.

A marriage therapist and pastoral counselor explains that most of the feelings of receiving inadequate love come from unresolved childhood conflicts and describes how adults can learn to flourish as loving and loved people, in a new edition of the best-selling handbook. Reprint. 50,000 first printing.

This fun-to-read, easy-to-use reference has been completely updated, expanded, and revised with reviews of over 12,000 great albums by over 2,000 artists and groups in all rock genres. 50 charts.

All of the 101 sex positions have been explained at length with clear and vivid pictures. Now updated with groundbreaking research, this award-winning classic examines the construction of sexual identity in biology, society, and history. Why do some people prefer heterosexual love while others fancy the same sex? Is sexual identity biologically determined or a product of convention? In this brilliant and provocative book, the acclaimed author of *Myths of Gender* argues that even the most fundamental knowledge about sex is shaped by the culture in which scientific knowledge is produced. Drawing on astonishing real-life cases and a probing analysis of centuries of scientific research, Fausto-Sterling demonstrates how scientists have historically politicized the body. In lively and impassioned prose, she breaks down three key dualisms -- sex/gender, nature/nurture, and real/constructed -- and asserts that individuals born as mixtures of male and female exist as one of five natural human variants and, as such, should not be forced to compromise their differences to fit a flawed societal definition of normality.

Inscribing South Asian Muslim Women  
An Annotated Bibliography & Research Guide  
BRILL

Let us guide you on every step of your travels. From deciding when to go, to choosing what to see when you arrive, *Insight Guides Thailand*, is all you need to plan your trip and experience the best of Thailand, with in-depth insider information on must-see, top attractions like Bangkok, Similan Islands Marine National Park, Phuket, Sukhothai and Chiang Mai, and hidden cultural gems like Nan. This book is ideal for travellers seeking immersive cultural experiences, from exploring Ayutthaya, Mae Hong Son and Nakhon Ratchasima (Khorat) Province, to discovering Bang Pa-In and Lopburi. - In-depth on history and culture: explore the region's vibrant history and culture, and understand its modern-day life, people and politics - Excellent Editor's Choice: uncover the best of Thailand, which highlights the most special places to visit around the region - Invaluable and practical maps: get around with ease thanks to detailed maps that pinpoint the key attractions featured in every chapter - Informative tips: plan your travels easily with an A to Z of useful advice on everything from climate to tipping - Inspirational colour photography: discover the best destinations, sights, and excursions, and be inspired by stunning imagery - Inventive design makes for an engaging, easy-reading experience - Covers: Bangkok and Suburbs, Central Thailand, Southeast and South Thailand, North Thailand and Northeast Thailand  
About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

A full-scale commentary emphasising the poem's didactic elements and its treatment of women.

Based on the ancient healing tradition from India that dates back thousands of years, *The Complete Book of Ayurvedic Home Remedies* offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural

order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

Thoroughly revised and revamped with expanded coverage for its tenth edition, *The Rough Guide to India* is the ultimate travel guide to one of the world's great travel destinations. From the majestic landscapes of the Himalayas to the tropical backwaters of Kerala, the Rough Guide covers this endlessly fascinating country in unparalleled depth, with crystal-clear mapping and stunning photography throughout. Rough Guides' team of experts bring you all the major headline sights, from the "Golden Triangle" of Delhi, Agra and Rajasthan to the beaches of Goa, and insider knowledge on new and off-the-beaten-track destinations, such as up-and-coming beach resorts and newly created wildlife reserves, with the most reliable background coverage available. You'll also find practical tips on the latest developments in this fast-changing destination, from the new e-Tourist visa programme (making it easier and cheaper to visit than ever before) to the explosion in B&Bs, home stays and hostels, the rise in adventure travel and even the incipient craft beer scene. Whether you're planning the holiday of a lifetime or a six-month backpacking adventure, *The Rough Guide to India* will ensure you don't miss a thing.

The National Book Critics Circle Award-winning author delivers a collection of essays that serve as the perfect "antidote to mansplaining" (*The Stranger*). In her comic, scathing essay "Men Explain Things to Me," Rebecca Solnit took on what often goes wrong in conversations between men and women. She wrote about men who wrongly assume they know things and wrongly assume women don't, about why this arises, and how this aspect of the gender wars works, airing some of her own hilariously awful encounters. She ends on a serious note—because the ultimate problem is the silencing of women who have something to say, including those saying things like, "He's trying to kill me!" This book features that now-classic essay with six perfect complements, including an examination of the great feminist writer Virginia Woolf's embrace of mystery, of not knowing, of doubt and ambiguity, a highly original inquiry into marriage equality, and a terrifying survey of the scope of contemporary violence against women. "In this series of personal but unsentimental essays, Solnit gives succinct shorthand to a familiar female experience that before had gone unarticulated, perhaps even unrecognized." —*The New York Times* "Essential feminist reading." —*The New Republic* "This slim book hums with power and wit." —*Boston Globe* "Solnit tackles big themes of gender and power in these accessible essays. Honest and full of wit, this is an integral read that furthers the conversation on feminism and contemporary society." —*San Francisco Chronicle* "Essential." —*Marketplace* "Feminist, frequently funny, unflinchingly honest and often scathing in its conclusions." —*Salon*

\*\*\*\* The first edition (1987) is cited in ARBA 1988 and the Supplement to Sheehy. A guide to the best and most informative books in the English language on the subject of human sexuality, for professionals, scholars, students, and laypeople. This expanded edition contains 1,091 abstracts, including some 500 new titles. The abstracts range in length from 100 to 600 words and are written from an objective viewpoint. Virtually all current, pressing sexual issues are represented, including abortion, AIDS, sexual abuse, incest, rape, and prostitution. The focus of this edition is on the proliferation of books published since 1970, with new material covering works from 1987 on.

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Insight Guides: all you need to inspire every step of your journey. From deciding when to go, to choosing what to see when you arrive, this is all you need to plan your trip and experience the best of Southeast Asia, with in-depth insider information on must-see, top attractions like Angkor Wat, Singapore's markets and the island of Boracay, and hidden cultural gems like the pagodas of Mandalay and Borneo's wild national parks. Insight Guide Southeast Asia is ideal for travellers seeking immersive cultural experiences, from exploring Laos' Plain of Jars and the high-energy capital of Bangkok, to discovering the remote peoples of Papua's highlands and the rich spirituality of Bali. In-depth on history and culture: enjoy special features on the legacy of war in Vietnam and diving in the Philippines, all written by local experts Includes innovative, unique extras to keep you up-to-date when you're on the move - this guide comes with a free eBook, and an app that highlights top attractions and regional information and is regularly updated with new hotel, bar, restaurant, shop and local event listings Invaluable maps, travel tips and practical information ensure effortless planning, and encourage venturing off the beaten track Inspirational colour photography throughout - Insight Guides is a pioneer of full-colour guide books Inventive design makes for an engaging, easy reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

Berlitz Pocket Guide Thailand is the ultimate handy guide to this enchanting country, combining concise information on where to go and what to do with great photography and full-colour maps. It tells you everything you need to know about Thailand's many attractions, from its frenetic capital city to relaxing Chiang Mai, and its stunning beaches and islands.

A guide to existing academic literature on issues, persons, periods, and topics important in lesbian and gay studies. With a focus on book-length studies in English, entries offer a very brief introduction and a more detailed overview of the secondary literature, including the relative merits of each source under consideration. While the overall arrangement of entries is alphabetical, other means of access include a booklist, general indexes, cross references, and a thematic list (African American culture, AIDS, art and artists, Asian studies, biological sciences, lesbian and gay culture, education, family, gender studies, history, law, literature, media studies, medicine, music, performing arts, politics, psychology, philosophy and ethics, and others). Annotation

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Offers an annotated source for the study of the public and private lives of South Asian Muslim women.

A thirtieth anniversary edition of the guide first published in 1972 features updated text and illustrations and covers such topics as sexually transmitted diseases and achieving healthy intimacy. Reprint.

Sexual spaces, normally inhabited by (mostly) female sex workers, are understood as masculine spaces, and positioned for and around male consumers. However, red light zones and public sex performances in both Thailand and Holland are being explored and visually consumed by female tourists in significant numbers. Their presence in red light districts and sexual venues is at odds with the ways in which sexual spaces have normally been positioned. *Woman and Sex Tourism Landscapes* explores female tourists' interactions with highly sexualized spaces and places in two very different contexts: the Netherlands and Thailand. Addressing this incongruence, this text explores the ways in which these spaces are constructed, and examines the different relations that govern the management of, and female tourist interactions with these liminal, sexual zones. Ethnographic data collected in both countries suggests that far from being male-centred spaces, the red light districts and associated sexual entertainment venues are very much open to female tourists. Drawing on this research the author argues that some women are indeed interested in exploring sexualized zones, challenging assumptions about women's involvements with sexual space. Thinking specifically about the visual nature of women's sexualized experiences, the analysis draws on a range of different theoretical understandings that address power, privilege, and the gaze. An important contribution to a range of debates, this book will appeal to students and researchers in tourism, geography, sociology, gender studies and cultural theory.

*Bangladesh Investment and Business Guide - Strategic and Practical Information*  
*Sex Addiction: A Guide for Couples and Those Who Help Them* is a practical book that provides empathic support, guidance, information and pragmatic strategies for couples who want to survive sex and porn addiction - whether that's together, or apart. Sex and porn addiction devastates couple relationships, and unlike the impact of infidelity, there is no 'before' to get back to and no 'after'. This book adopts the metaphor of a boat, presenting addiction as the tidal wave that devastates the relationship, leaving both crew members fighting for survival. There's guidance to ensure each partner makes it safely back to shore and advice on surveying the damage to your relationship and deciding if you want to save it and set sail again. You'll find practical advice for both the partner and the addicted partner, including first-hand accounts of couples that have already undertaken the journey. There are exercises to do alone, and many to share together, to help you understand what's happened, consider your future, and if you choose to stay together, begin the task of rebuilding trust and

intimacy. Sex Addiction is not only a practical guide for couples, but also for the therapists who support them. This book will be a companion to Paula Hall's previous books on sex addiction and builds on the already known frameworks and models used, but it is also written to stand alone.

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