



Journey to Healing and Joy: A Workbook for Partners of Sexual Addicts

Marsha Means MA

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Using a trauma-model approach, Journey to Healing & Joy: A Workbook for Partners of Sexual Addicts, provides a healing pathway women can follow, either individually or in a support group. Beginning with the raw pain partners of sex addicts experience, this well-researched, soul-searching guide sensitively uses a forward-moving process, enabling women to grieve, grow, and heal. With a balance of educational content and penetrating questions, women review what has happened in their relationship and process it as they journal their answers to the workbooks self-reflective questions. They also learn important new skills and gain new strengths that equip them for the challenges they face, whether their relationship heals, or comes to an end. Chapter by chapter, women learn what it takes to share one's life with a man striving to break free from sex addiction. And as they grow and evaluate their options, they gain new insight and clarity, enabling them to choose the next best step for their own lives.

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