

Resources For Women

Sexual Addiction in General

New Hope For Sexual Integrity. www.NewHope4si.com. This is the recovery manual the men use in our recovery ministry. Looks at sexual addiction from an attachment disorder basis and offers many insights into its origins and practical tools and exercises for walking into freedom

Pure Desire by Dr. Ted Roberts. (Regal, 1999) An excellent source for understanding the noose of addiction and the path of recovery.

An Affair Of The Mind. Laurie Hall (Tyndale, 1996) Excellent book by a woman who's husband was addicted to pornography. She tells her personal journey and provides solid Biblical direction. She does a phenomenal job debunking many of the myths around the "victimless" nature of pornography and the effects of masturbation.

Don't Call It Love: Recovery From Sexual Addiction by Patrick Carnes. Incredible book based on surveying 2000 sex-addicts with 3+ years of recovery. The insights of those walking in freedom are powerful and compelling.

Sex, Lies, And Forgiveness Jennifer P. Schneider MD and Burt Schneider.

Six Types Of Sexual Addicts & Treatment For The Six Types Of Sexual Addicts CD's from Doug Weiss.

Codependency/Boundaries

Codependent No More by Melodie Beattie. A foundational and practical introduction to codependency.

Love Is A Choice: Robert Hemfelt, Frank Minirth & Paul Meier (Thomas Nelson, 1989) Excellent book on co-dependency which is always at the root of addictions. A must read for both the addict and their spouse. Also has a workbook designed for helping you work through your codependency issues.

Boundaries: When To Say "Yes" When To Say "No" To Take Control Of Your Life by Dr. Henry Cloud & Dr. John Townsend. This book is a must read for the wife of any kind of addict or abuser and anyone married to someone in church leadership.

www.sexaddict.com Doug Weiss has a questionnaire and other helpful materials for wives.

Partners: Healing From His Addiction by Doug Weiss.

Healing From The Betrayal of Sexual Addiction

Betrayed Heart: Dealing With Betrayal From A Female Perspective www.puredesire.org

Now that I Know What Should I Do video. by Doug Weiss Excellent video helping wives understand the problem and know what steps they should take. www.sexaddict.com

Partners Recovery Guide: 100 Empowering Exercises by Doug Weiss.

Healing From Sexual Abuse

The Wounded Heart by Dan Allender. If there is any possibility of childhood abuse, this book is a must read. It is also very helpful in dealing with the effects of the trauma that comes from being married to a sexual addict.

A Door Of Hope by Jan Frank. Recommended as an easier first read for childhood sexual abuse issues.

www.kclehman.com has numerous resources by Dr. Karl Lehman about healing trauma and especially about the Immanuel process we have found so helpful.

Love Addiction & Sexual Addiction Issues For Women

Accept No Substitutes: Dealing with Love Addiction and Sexual Issues workbook available www.puredesire.org

She Has A Secret an Ebook by Dr. Doug Weiss.

Addicted To Love by Stephen Arterburn.

Life:

Captivating by John & Stasi Eldredge. Great book about discovering the true heart of feminine beauty and strength.

The Life Model: Living From The Heart Jesus Gave You by Jim Wilder et al. Excellent book describing what we needed as children and how to overcome those deficiencies. A must read for everyone, especially parents.

Living With Men by Jim Wilder. Written to and for men but 95% applies to women as well. Also tremendously helpful in understanding what you and your husband need to work on in your growth towards maturity.

Healing The Child Within by Charles Whitfield. Discovery and recovery for adult children of dysfunctional families.