

# Recommended Books

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**Cruise Control: Understanding Sex Addiction in Gay Men**, M.S.W. Robert Weiss.  
Forward - Patrick Carnes Ph.D.

**Don't Call It Love: Recovery From Sexual Addiction**, Patrick Carnes Ph.D.

**Facing the Shadow: Starting Sexual and Relationship Recovery**, Patrick Carnes Ph.D.

**Getting the Love You Want, 20th Anniversary Edition: A Guide for Couples**, Harville Hendrix.

**In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness**, Peter A. Levine  
Ph.D., Forward - Gabor Mate M.D.

**In the Realm of Hungry Ghosts: Close Encounters with Addiction**, Gabor Mate M.D.

**Intimate Treason: Healing the Trauma for Partners Confronting Sex Addiction**, Claudia Black  
and Cara Tripodi.

**Making Marriage Simple: Ten Truths for Changing the Relationship the Relationship You  
Have into the One You Want**, Harville Hendrix and Helen LaKelly Hunt.

**Mending a Shattered Heart: A Guide for Partners of Sex Addicts**, Ed and Stefanie Carnes.

**Mindful Recovery: A Spiritual Path to Healing from Addiction**, Thomas Bien Ph.D.

**Out of the Shadows: Understanding Sexual Addiction**, Patrick I. Carnes Ph.D.

**Taking the Leap: Freeing Ourselves from Old Habits and Fears**, Pema Chodron

**The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain  
Science**, Norman Doidge

**Untangling the Web: Sex, Porn and Fantasy Obsession in the Internet Age**, Robert Weiss and  
Jennifer P. Schneider