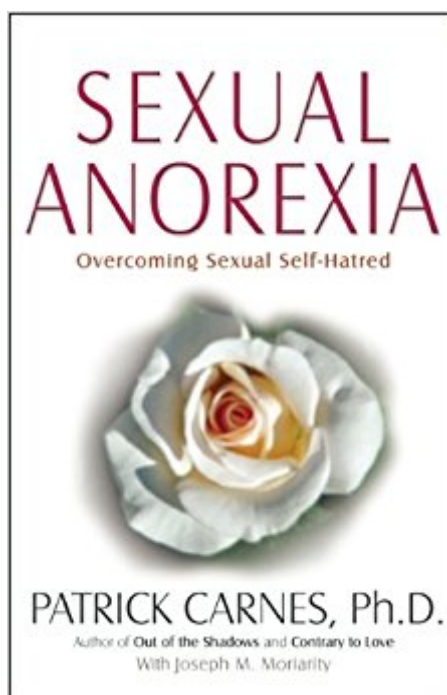


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# Sexual Anorexia: Overcoming Sexual Self-Hatred



## Synopsis

A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. Author Dr. Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder, sexual addiction and compulsivity, often arise from a background of childhood sexual trauma, neglect, and other forms of abuse. Carnes explores the numerous dimensions of sexual health, examining key issues which must be addressed and resolved for recovery to proceed. Utilizing extensive research and elucidating case studies, Carnes develops concrete tasks and plans for restoring nurturing and sensuality, building fulfilling relationships, exploring intimacy, and creating healthy sexuality. Woven throughout the book are stories of recovery which illustrate sexual healing principles, model new behavior, and support motivation for change. Sexual Anorexia enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but, instead, a deeply sensual, passionate, fulfilling, and spiritual experience that all human beings are innately entitled to.

## Book Information

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## Customer Reviews

After having tried different kinds of books and therapy which mainly is focusing on the technical aspects of sex with little success or progress, I feel that this book really goes behind the technical and offers a more complete explanation as to why some people have a difficult relationship with sex. In comparison to other books that seem to tell you that if you have difficulty with sex you must have been sexually abused as a child, this book offers a more complete analysis and makes you

think of little things and details which along the way might have caused you to find sex difficult, but in an uplifting manner, saying that it is ok and that you can solve it. It also tells you that you are not the only one suffering from this fear of intimacy and that it is ok and you can do something about it. In my opinion it is a very well written book and is worth reading for a lot of people in order to get a greater understanding of themselves and the world around them, focusing on how intimacy can be difficult and providing solutions to work through it.

This book has been very useful to me. It's written with a good deal of compassion and insight, and even though I think the authors oversimplify some issues, they manage to get near the heart of what makes sex so difficult for many people. The recommended activities are generally weak and none too useful, but that's true of most self-help books. Even the good ones.

I have only just recently begun to read this book. But already I am absolutely shocked by how on target everything it says is. As I read the pages, I find myself wondering if the author has not been observing me and taking notes. I have always held a strong fear of sexuality, and always feel guilty when I find myself watching pretty girls or getting aroused. The author's descriptions of an interior world of denial and self doubt are precisely on the mark. I have not begun to utilize any therapeutic tips offered within, but so far I am deeply impressed.

This is a textbook about sexual anorexia, which is a condition that causes a person to fear intimacy to the point of incredible pain. It contains a plan for recovery, and certainly is a place to begin to grapple with such a sensitive and important part of life.

This book has been a great and insightful read for me! It was recommended by a therapist I met in AZ when I shared with her my problems in dealing with sexuality in general. Before I read this book, I was completely lost with no understanding why I struggled like I did or how I could ever overcome my ingrained fear/hysteria over sexuality. After reading it, Carnes' book has provided me with insights, information, and exercises that I would never have figured out through my therapist alone. I now have a better understanding of what I'm struggling with and how to approach it in a constructive and healthy way. I couldn't be more grateful to Dr. Carnes than if I was one of his clients from the start! That alone would warrant this book a full 5 stars, but I took 1 star off because Carnes does not address sexual anorexia for the single adult, which I am. While I did gain some insight from the passages that dealt exclusively with married couples and the like, it never really dealt with those that

struggle with this disorder outside of any committed relationship. Don't get me wrong: I'm absolutely glad that I read this book and wished I read it sooner! However, I would have liked to have the book also focus on those not in a relationship--never married, divorced, or otherwise--and struggling with SA.

This book has helped me define a problem I've grappled with for years in isolation. To now know that there are definite behaviors, coping skills and support groups to aid in overcoming this condition is life changing. If you even suspect that this might be your problem this book will help you determine if that is the case. While the process of healing isn't going to be easy I am very grateful to know that healing is not impossible. Thank you Dr. Carnes.

I am currently a substance abuse counselor student and have discovered that sexual addiction and other intimacy problems play a big role. After watching an educational video on sexual anorexia I looked for more written information. I talked with colleagues and reviewed a couple cases realizing that this information would be helpful. There is actually very little out there. There is also someone that I know personally that has been dealing with some of these issues. Carnes is a pioneer in this area and present some very compelling and useful information. Substance abuse is a complex issue. Once you remove the substances you are often left with coexisting behaviors and issues that need to be addressed as well. This book was well written with compelling information. I highly recommend it.

Enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought & defeated but, instead, a deeply sensual, passionate, fulfilling & spiritual experience that all human beings are innately entitled to.

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