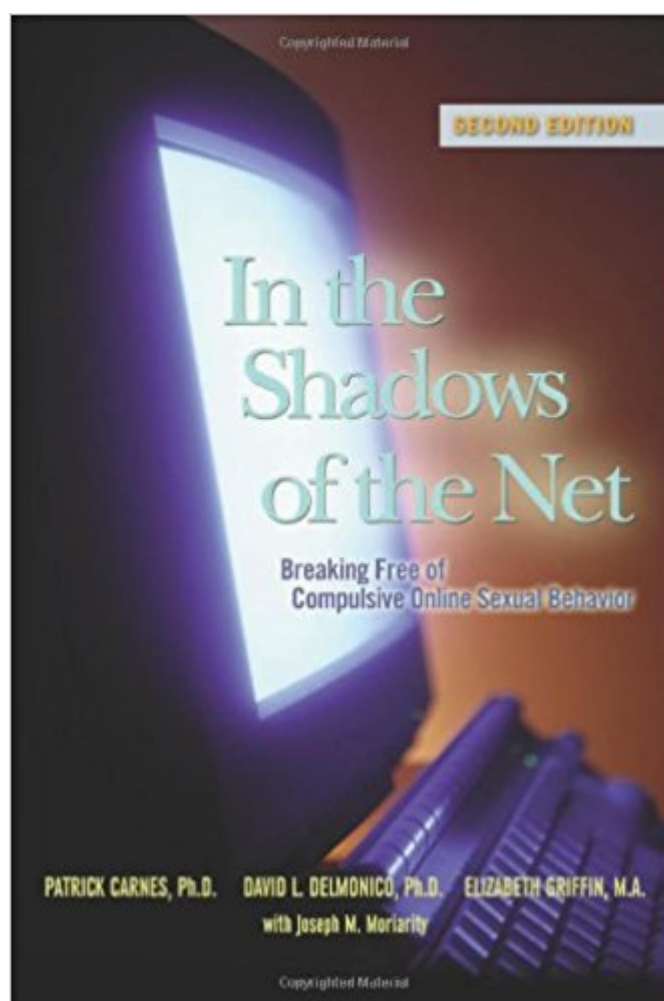


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In The Shadows Of The Net: Breaking Free Of Compulsive Online Sexual Behavior



Synopsis

The much-anticipated second edition of the breakthrough book about recovering from online sexual addiction. As the Internet becomes a more powerful, imposing force in our lives, indeed becoming difficult to avoid, the potential for related problems also increases. This includes troubles of a sexual nature. When accessing porn no longer requires even a trip to the store, when we can view and participate in sexual activities anonymously, when younger and younger children are being exposed to sex online, when virtual interactions take over, limiting and even destroying real-time relationships, we are in crisis. Compulsive online sexual behavior is a real and growing problem. Yet the situation is not without hope. For those who are seeing signs of significant online problems in themselves or a loved one, this updated second edition of *In the Shadows of the Net* provides answers, understanding, and tools for recovery. With the latest statistics, discussion of recent technologies and devices, and new thinking on developing a healthy relationship with the Internet and avoiding relapse, this book offers authoritative, professional advice for achieving lasting, healthy change and healing.

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Customer Reviews

"In the Shadows of the Net shines a hopeful light on the dark side of cyberspace. It is certain to become a valued resource in dealing with a new frontier of addictive disorders."--Kenneth M. Adams, PhD, clinical psychologist and author, *Silently Seduced*"Very powerful. In the Shadows of the Net comes at a time when the need is great for understanding and exploring cybersex treatment

possibilities."--Ralph H. Earle, MDiv, PhD, president, Psychological Counseling Services, Ltd., and coauthor, *Lonely All the Time*"A valuable road map for understanding and healing cybersex addictions."--Wendy Maltz, MSW, author, *The Sexual Healing Journey* and coauthor, *Private Thoughts*

Patrick J. Carnes, PhD, is an internationally known authority and speaker on addiction and recovery issues. He has authored over twenty books including the bestselling titles *Out of the Shadows: Understanding Addiction Recovery*, *Betrayal Bond*, *Don't Call It Love*, *The Gentle Path Through the Twelve Steps* and *The Gentle Path through the Twelve Principles*. Dr. Carnes' research provides the architecture for the "task model" of treating addictions that is used by thousands of therapists worldwide and many well-known treatment centers, residential facilities, and hospitals. He founded IITAP (International Institute for Trauma and Addiction Professionals), which provides CSAT (Certified Sex Addiction Therapist) training and certification as well as cutting-edge information for addiction professionals. Dr. Carnes currently serves as a Senior Fellow and Executive Director for the Gentle Path Program at The Meadows in Wickenburg, Arizona. For more information on his work and contributions: www.patrickcarnes.com. You can also find him on Facebook and Twitter: @drpatrickcarnes.

There is controversy over where the line is between erotica and pornography. The word "pornography" is derived from two Greek words meaning "prostitute" and "writing." "Erotica" is derived from the Greek word "eros," meaning romantic and sexual love. There are gray areas, but generally pornography is considered to involve behavior that is degrading to one or more of the participants, behavior that most people would not engage in unless they were paid, coerced, or forced to do so. The difference between the person who occasionally enjoys erotica and the person who is addicted to pornography is like the difference between the moderate drinker and the alcoholic. Pornography addicts find themselves unable to moderate their use to the point where jobs and marriages are lost. While some sex therapists recommend the use of erotica to revive a couple's sex life, I have already encountered two people who got so addicted to pornography that they stopped having sex with their partners. In both cases the partners were reasonably attractive and receptive. Carnes explains that pornography addicts are trying to recapture the intoxication of young love. Just as the heroin addict develops a tolerance to the drug and keeps increasing the dosage chasing the euphoria of the initial experience, the pornography addict finds an escalating need of more and more time online to reach the same high. Carnes tells how to distinguish the

recreational user of online porn from the compulsive user who finds it difficult, if not impossible, to control the use of the Internet for sexual activities. He estimates that there are about 20 million people in the latter category. I imagine that pornography has been around in some form since humans learned to draw pictures. Although some people had life-ruining pornography addictions before the advent of the Internet, the problem has exploded in recent years. "As one Stanford researcher....observed, there are now people struggling with sexual compulsivity who never would have been if not for the internet," notes Carnes in the preface to the 2001 edition of his book *Out of the Shadows*, and 40 per cent of these new addicts are women. Besides providing an almost infinite source of sexual pictures and videos, the Internet makes possible real time virtual sex through the use of video chat. Users sometimes progress to actually meeting the people with whom they have been interacting online. Carnes is empathetic to those struggling with pornography and sex addiction and offers theories as to why some are so vulnerable to it. Carnes is the director of Gentle Path, the treatment center where Tiger Woods was recently treated. He explains what kinds of individual and group treatment he has found helpful, and talks about options for partners of these addicts.

If you are looking for a book about pornography that is written from a psychologist's point of view and is devoid of religious references, a good choice is *In the Shadows of the Net*. One of the things I like about this book is that it discusses "problematic online sexual behavior" (p. 25) instead of using words that can side track the reader like "addiction" or "compulsion." They have a very useful self-administered survey to measure one's degree of problematic sexual behavior, which can help a person determine the degree to which their pornography use is problematic. They discuss addiction and compulsion, but enter the topic from a less diagnostic point of view. It has a great balance between wisdom, advice, practical surveys and diagnostic tools. Though it isn't heavy on academic references, scholars wrote the book in an intelligent way. If you are looking for a good secular book that can help you identify and find your way out of pornography, or you are looking to help others do so, this is the one I recommend.

A good book on handling cybersex and pornography problems on the Internet. It is fair in that it acknowledges the problems in having the Internet available so much, but also acknowledges that the Internet is so important in today's society that simply swearing off of it would be a rash move. Instead the book suggests the 12-step method of changing your behavior, finding a sponsor -

non-family to talk to about your problem, changing your computer habits to limit your privacy online, and working on your in-person live relationships so you don't need to find emotional fulfillment on the Internet alone. The book was written in 2000, and revised in 2007, so some parts feel a little out of date in 2015 (the appendix still lists cassette tapes to listen to). However people are still the same, same problems, and the advice still rings valid.

This book is scary in how it tracks the evolution of compulsive behavior and how insidious it is. I knew I had a problem when I began reading the book, and could identify with several of the examples given. If you are honest enough to believe you have a problem with sexual addiction, you need to get this book, study this book and work with a professional counselor. It does show you that there is hope.

This book set me on the road to recovery. It allowed me to understand how I had gotten where I had and the solution to overcome the behavior. If I had read this book a year earlier, I might have avoided a great deal of grief.

Patrick Carnes is an authority on addictive behaviors of all sorts, particular when they involved sexual behaviors. His descriptions are more in depth in this book than most writers can go. Very helpful. Dr. Carnes has a long, successful record of excellent analysis and treatment of such common and complex misbehaviors and an ability to guide treatment in productive ways. I didn't hesitate to order this book because of Dr. Carnes track record in such matters.

As a psychotherapist who frequently finds her patients have less-than-happy lives because of sexual addiction (the addicts and/or their families, this book helps them to stop judging and to start understanding the nature of this baffling addiction.

this book was recommended to me in my prison ministry - specifically with sex offenders. The book gave me a better understanding how someone may get caught-up in the fantasy of on-line pornography.

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