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Sex And Love Addicts Anonymous: The Basic Text For The Augustine Fellowship, Sex And Love Addicts Anonymous



Synopsis

Conference-approved by S.L.A.A., this book provides insight into the problem of sex and love addiction, information on working the 12 steps of S.L.A.A., the history of Sex & Love Addicts Anonymous, personal stories from members of the program and much more. Table of Contents:
Chapter 1: Discovery of the Illness of Sex and Love Addiction: A Personal History
Chapter 2: The Beginning of Recovery and of Sex and Love Addicts Anonymous
Chapter 3: Living with a Sex and Love Addict
Chapter 4: The Twelve Step Program; a Path to Sexual and Emotional Sobriety
Chapter 5: The Withdrawal Experience
Chapter 6: Finding and Starting to Work with Other Sex and Love Addicts
Chapter 7: Starting an S.L.A.A. Group
Chapter 8: Building Partnerships
Personal Stories
Follow After Chapter 8

Book Information

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Customer Reviews

This program seems to lie at the heart of many of the other addictions which have also spawned their own 12 step program. This is some of the toughest stuff to look at for those afflicted. But the program offers a great deal of grace and healing, and the book is written with the same earnestness and divine inspiration as the original texts of Alcoholics Anonymous. I hope this program continues

to grow. I don't view it as a trendy program but one of great substance and importance. The personal stories are great but feel free to skip over to the chapter on the steps as well as the chapter on withdrawal for more immediate tools. For deeper insight yet, a good supplementary book is *The Journey from Abandonment to Healing* by Susan Anderson. This book is not connected with the program, but I found great help and insight with it. For those struggling with a broken bio-chemical connection from years of sex and love addiction, *The Mood Cure* by Julia Ross offers great tools and wisdom from a nutritional point of view. After looking into her book you might think twice before picking up that cookie or donut at your next twelve step meeting.

Since this is written by the man who started the fellowship I find it has a lot of credentials since he is indeed the expert. His story resonates with me and so did his wife's. Partners of sex addicts should definitely read this book in addition to sex addicts. Even if you are not sure this book will guide you. The most compelling part of the book is the withdrawal chapter. Where withdrawal we think in terms of things we put in our bodies; alcohol, food, caffeine, drugs. But in fact since compulsive sex is an addiction the person goes through extreme withdrawal when their fix of choice (porn, sneaking sexual partners, or even access to social media outlets or one person) is missing or taken away. These symptoms are severe and noticeable and not discussed. The stories for the partners of betrayal are very enlightening.

Have worked in the addictions field for over twenty years. This is often one of the underlying problems which, left unexamined, leads often to relapse on the substances of abuse. In fact, it is often THE basis for all the addictive behaviors. This book is an eye-opener for the addict who repeatedly relapses after FALLING (note lack of balance) in LOVE or after losing control of some sexual behavior. Format of the book is reminiscent of the "Big Book", Alcoholics Anonymous, which is not surprising since recovering alcoholics started this program thirty-some years ago. Highly recommended reading.

I became a member of SLAA (Sex And Love Addicts Anonymous) around 1988. This program saved my life. This book was a very important book to me, and all of us. Its writing was inspired by the man who founded SLAA (the way that Bill W and Dr. Bob founded AA) It has his story, and the stories of many other recovering Sex and Love Addicts, as well as a lot of theory and suggestions. It is not written for the lowest common denominator, as the originator was a Harvard graduate - but still, I never heard any of our members complain about its being hard to understand. The book is

cleanly written and does not contain any obscenities. I am surprised that I didn't find any indication here at as the what this book really is - the core literature for SLAA - a 12-Step recovery program that still exists. If you think you might have an addiction to sex and/or love - in any of its many forms - I recommend reading this book, and seeking out some meetings!

If you think that you or a loved one might be struggling with Sex and Love Addiction please read this book. It's truly the first step towards a better life and you deserve to be free of that suffering.

This is my fourth purchase The other three were paperbacks and I read them so much that the first two literally fell to pieces. Now that I have an ecopy, I'll be able to keep it forever. This book is key to my recovery. I especially recommend the Withdrawal Chapter. It touched on everything that I was feeling. While I do appreciate the books offered by the other S fellowships, this book covers the awful feelings that love addition bring. It is especially useful for those who do not have a meeting nearby. That said, if you do have a meeting nearby, GET THERE. This book is a must for anyone serious about their recovery in any addiction. So many people don't realize how much of their addiction is about just trying to be loved Reading this book helped me find that need to love myself first.

I used this book while in rehab and it was a great addition to my 12 step group. Very easy to read and connect to. I would also recommend it to anyone going into counseling in these areas.

An excellent 12 step book for individuals, men and women, who need help dealing with sexual compulsions and addiction. Each step has clear discussion of the meaning of the step and the struggles we go through to make the step a reality in our lives. It is an excellent text to accompany 12 step group meetings and is a good help to individuals as they work their steps.

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