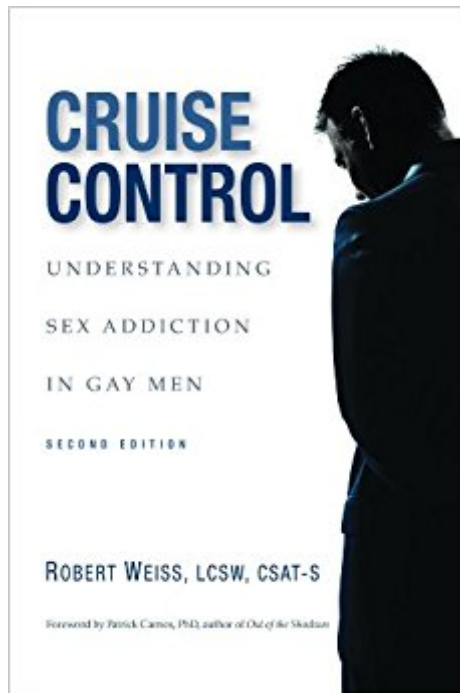




The book was found

Cruise Control: Understanding Sex Addiction In Gay Men



Synopsis

Cruise Control is the premiere book on the growing problem of sex addiction in gay men. This second edition explores how technology has impacted the instant ability to "meet up" and the implications of being in recovery in a committed relationship. Accessible resource for achieving sex addiction recovery including a "30 day test" and a dating plan.

Book Information

File Size: 626 KB

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Customer Reviews

This compassionate look at sex addiction details the substratum of the behavior. Like many addictions, it is the solution to a deeper problem before it becomes the problem. The addiction gives a center to a life, it covers the needs that the addict has not been able to meet. The suggestions on how to deal with addiction are simple and difficult because they require the creativity to accomplish in another fashion fulfilling needs (intimacy, purpose, pleasure, self-esteem, attention, personal power_ that the addiction met. The author is non-judgmental; he is highly articulate about a difficult

subject and has the compassion needed to help addicts claim a richer life. I am a coach and clients insisted that I read it. I'm glad I did.

I am unsure if I believe in the idea of a "sex addiction

After reading this, I know that sex addiction was not my issue. Love addiction was.

I highly recommend this book to any gay man struggling with sex addiction. Robert Weiss takes directly from Patrick Carnes's playbook in terms of his approach to the addiction, but adds such relevant information for a gay man. After reading this book, I wanted to buy copies for all of my friends. Besides addressing sex addiction, the book could also be great in helping gay men understand better their sexuality and sex.

This is probably the most sincere, scientific, experimental and holistic guide to all those affected by the Sex Addiction and Love addiction. It begins with a test to decide if you are "in" this circle or "out", it describes the problem with solid examples and it explains the reason to fall into this addiction without falling in mannerisms nor moralisms... It really helps you to understand your reactions and has some sort of practical agenda to write your experiences and set your goals for recovery. To sum up, after "out of the Shadows", which I had the opportunity to read at a friend's house in Paris, and in which it is inspired, "Cruise Control" is THE BOOK gay men expected to have in their area, and so their partners or family affected by their behaviour. Probably, the most worked out issue is to separate the weak boundaries often mixed up between the gay freedom for sex and the obsession for having it at any time, and at any price.

Excellent book for myself as a therapist, and great recommendation for my clients struggling with sex addiction.

Very detailed, helpful, insightful, to the point, honest, informative. Can't say enough good things about the book.

Robert Weiss provides thorough insight and depth of what sex and love addiction is really about and the steps necessary to overcome it. If you want to do something about your sexual/love addiction and you want results, this is the book to get. Unlike other references which seem like reading a

textbook, this book is written in a first-person narrative and it is very personal. This book is so good, that I finished reading it in a day!

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Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Cruise Control:
Understanding Sex Addiction in Gay Men Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits)
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