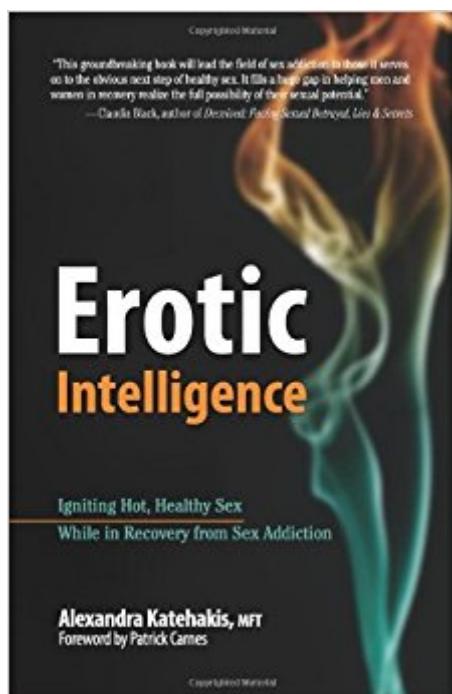


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# **Erotic Intelligence: Igniting Hot, Healthy Sex While In Recovery From Sex Addiction**



## Synopsis

ENJOYABLE, EXCITING SEX IS POSSIBLE AFTER SEX ADDICTION In the journey to sexual sobriety, many sex addicts find themselves wondering, 'How am I going to have a normal relationship?' or 'Will it be possible to repair my marriage now that I've confessed my destructive behavior?' and 'Will I ever have great sex again?' As a sex, marriage, and family therapist, Alexandra Katehakis introduces a successful program for sufferers and their loved ones that will help them hone their erotic intelligence by making sense of the past, creating healthy habits in the present, and looking toward a more intimate relationship that nurtures honesty and closeness. With Katehakis's help, sex addicts can get in touch with their healthy sexual sideâ •and embrace true intimacy and acceptance in themselves and in their mates. - Features true stories of people coming to terms with their sexuality on the other side of sex addiction, as well as couples finding a new path to sexual trust and fulfillment - Helps to build the four cornerstones of intimacy that are essential for healthy relationships

## Book Information

Paperback: 288 pages

Publisher: HCI; 1 edition (May 3, 2010)

Language: English

ISBN-10: 0757314376

ISBN-13: 978-0757314377

Product Dimensions: 0.8 x 5.5 x 8.5 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 26 customer reviews

Best Sellers Rank: #135,007 in Books (See Top 100 in Books) #57 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #63 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #222 inÂ Books > Health, Fitness & Dieting > Sexual Health > General

## Customer Reviews

Alex Katehakis is a shining star in the field of sexual addiction recovery. Erotic Intelligence is a welcome resource for people in the advanced stages of healing from sexually addictive and compulsive behavior.â •Wendy Maltz LCSW, DST, coauthor of The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography. (Wendy Maltz LCSW, DST)Erotic Intelligence provides couples healing from the pain of sexual addiction with a roadmap to re-write their sexual

story, from one of betrayal, to one of healing, and finally to one of vibrant erotic sex. -â •Stefanie Carnes, Ph.D. editor of Mending a Shattered Heart: A Guide for Partners of Sex Addicts. (Stefanie Carnes, Ph.D.)

Alexandra Katehakis, MFT, is one of the nation's foremost experts on sex addiction and the clinical director of the Center for Healthy Sex in Los Angeles. She is a Certified Sex Addiction Therapist, Certified Sex Therapist, and Supervising Consultant for the International Institute of Trauma and Addiction Specialists (IITAP). She presents at national and local conferences on sexual addiction, teaches workshops on healthy sexuality in retreat settings and has been published in the Journal of Sexual Addiction and Compulsivity.Â Other professional affiliations include Certification/membershipÂ American Association of Sex Educators, Counselors and Therapists (AASECT), membership in the Society for the Advancement of Sexual Health (SASH), Group Psychotherapy Association of Southern California (GPASC), American Association of Marriage and Family Therapists (AAMFT), and California Association of Marriage and Family Therapists (CAMFT).

A book about being intimate and looking into behavior that makes us not be present? Seriously, everyone should read this. If I think of all the stories that my girlfriends and I sit around and talk about, at times most people in this modern age are always disconnecting. In fact, sometimes the fact that you are disconnected is the part people brag about!This is a great book for soul searching for partners of addicts and for those who just want a reality check into 'what' is healthy.

Great book. I am a recovering sex addict and this book is really helping me to make progress in the area of reintegrating sex back into my marriage. I am learning how to cope with all of the difficulties of relearning and experiencing intimacy and true lovemaking. Highly recommend!!

When a sex addict begins to explore his or her plan for engaging in healthy sexuality, it is so important to have resources that are sensitive to the challenges sex addicts face - Erotic Intelligence is just that - a superb resource! Alex Katehakis offers the reader a realistic guide to be true to oneself and one's recovery while engaging in healthy sex. M. Deborah Corley, PhD. Sante Center for Healing, Argyle, TX.

Great book.

One of the best and most helpful books to better help you understand yourself and relate to that significant other

Katehakis writes an inspirational and practical guide for those in recovery and those who are looking for healthy intimate relationships. The description and how to points of getting to healthy intimacy should be the basic guideline for any person in a relationship. I look to this as an ideal I can strive for and earnestly hope to achieve. A must read!

that the author writes in, very affirming. She doesn't use the scare/condemnation tactics that so many other authors use when writing on this topic. This isn't quite as good as Marty Klein's book "Sexual Intelligence" but it's close.

good information.

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