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# Sex And Love Addicts Anonymous



## Synopsis

The basic text describing how this Twelve Step fellowship interprets AA's program to give support to recovering sex addicts. Includes many personal stories.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (44 customer reviews)

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## Customer Reviews

This is a profound and important book which examines the very real, though often socially ignored, addiction to sex and love relationships. Because sex and romantic love are so highly touted in our culture, compulsive behaviors in this area are often overlooked, tolerated and even encouraged. As a psychotherapist I have found that this is often a primary addiction, underlying substance abuse, eating disorders, etc. It is based on the unmet need for genuine love and belonging (agape) missing in our families of origin and the culture at large..and the fundamental lack of self-love and self-acceptance that fails to develop as a result. Thus the endless search for that someone or something outside of ourselves that will be the balm to our loneliness and cure for our inner emptiness. The author brilliantly and poignantly chronicles the discovery and naming of his own addiction and the painful, though ultimately rewarding journey to wholeness and recovery. His chapter on withdrawal was incredibly powerful. I believe this was a book written before its time that deals with a fundamental human/societal problem..the myth that our happiness can be found outside of ourselves rather than within...and serves as a guide to those who have the courage to face themselves and walk through their pain out onto the other side.

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!

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.

This book will put you in touch with your core issues regarding Sex and Love Addiction. If you ever had any questions regarding your sex and love history this book is for you. If you want to be free of the pain caused by this disease of the mind then get this book.

I have read this book twice over the years. I see how sex addiction is really an outer layer for a Love Addict. I love the precise wording used in this book. It was deeply thought out and I can see the evolution of how the program came to be and the explanations are very clear. I think a better source of defining an overview of Love Addiction is on-line in L.A.A.'s 40-questions (not to be confused with the SLAA 40). The only other change I think should be changed in this book - is it does name some areas of acting out. And many SLAA meetings - discourage identifying any acting out areas. I still love this book and even if you think you don't need to read it - you do. Love Addiction is very prevalent and undiagnosed in our society. I also highly recommend these following books in conjunction. Facing Love Addiction - Pia Mellody, Obsessive Love - Susan Forward, Addiction to Love - Susan Peabody, The Betrayal Bond - Patrick Carnes, Are You The One For Me? - Barbara Deangelis, And also by Patrick Carnes - Don't Call it Love. I can't wait to see how SLAA evolves

over the coming years. Scott M.

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 addiction 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.

Guess I'm exposing myself by reviewing this book, but, it's good stuff. If you think you may have a problem in this area, check the book out, it will help you in your discerning process. Always helps to here others stories and to know I'm not alone. Addendum: Well, now I'm editing my review because I was able to change my profile name for some anonymity. I just wanted to add some about this book. Whether someone "likes" it or not probably would be referring to whether someone could "identify" and understand what is being described. I am able to do so. In reading the book, just like other 12 step literature, when I identify it helps me because it tells me I am in the right place. And, if I can identify with the problem, then I should be able to identify with the solution too. The book talks about one persons experience (the founder) and in the back there are other personal stories. Between the two area very useful bits of information about symptoms, withdrawal (yes, there is a withdrawal, just like from a drug), relationships, after sobriety, and more. And, by the way, "love" addiction is generally put in quotes in the book because the definition is vague, but, the book expands on this.

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