



In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior

Patrick Carnes Ph.D., David L. Delmonico Ph.D., Elizabeth Griffin M.A., Joseph Moriarity

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It's 3:30 a.m. and Kevin is still online, absorbed in pornographic images flashing across his computer screen, and searching for more. Hours ago he tucked his children into bed and said good night to his wife, retreating to the computer to "finish up some work." Although his late night ritual leaves Kevin ashamed and exhausted, he is too embarrassed and guilt-ridden to seek help. He tells himself that no one would understand anyway.

Anonymous and accessible, the Internet offers an alluring arena for compulsive sexual behavior. Destroyed marriages, career loss, and financial ruin are common outcomes. Revealing how desperate life can become for someone addicted to online sex, *In the Shadows of the Net* brings hope and healing to men and women struggling to understand and overcome this compulsive behavior. Drawing on their collective clinical expertise as well as current research, the authors equip readers with specific strategies for recognizing and recovering from compulsive online sexual behavior.

"A valuable road map for understanding and healing cybersex addictions." Windy Maltz, M.S.W., author, *The Sexual Healing Journey*, and coauthor, *Private Thoughts*

"*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, Ph.D., Clinical Psychologist, and author *Silently Seduced*

"The authors present a positive and effective approach to dealing with cybersex, a rapidly increasing problem. *In the Shadows of the Net* is sure to become a classic in its field." Gary Blanchard, B.A., A.A.C., Addiction Counselor, and author, *The Positive Path of Recovery*

"Very powerful. *In the Shadows of the Net* comes at a time when the need is great for understanding and exploring cybersex treatment possibilities. Today Internet pornography is more powerful than Viagra for many persons. I shall definitely recommend this book to my patients." Ralph H. Earle, M.Div., Ph.D., President, Psychological Counseling Services, Ltd., coauthor, *Lonely All the Time*.

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Rachel Wessels:

A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that is look different you can read a book. It is really fun for you personally. If you enjoy the book which you read you can spent the entire day to reading a publication. The book In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior it

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