



# Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts

*Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez*

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When you discover that the person you loved and trusted most in the world is hiding a secret life as a sex addict, the result can be devastating. Facing that heartbreak is what this book is all about. The healing process will take time regardless of whether you decide to stay in the relationship or leave.

*Facing Heartbreak* weaves real life stories with practical therapeutic advice and specific tasks that gently educate, empower, and guide the partner of the sex addict through a process of recovery. Using Dr. Patrick Carnes' thirty-task sex recovery model, readers will learn to heal from the heartbreak and betrayal as they discover hope and healing.

**Stefanie Carnes, Ph.D.**, has led numerous research projects on addiction and authored many publications including her nationally renowned book, *Mending a Shattered Heart: A Guide for Partners of Sex Addicts* (2nd edition, Sept. 2011). Dr. Carnes is a Licensed Marriage and Family Therapist, an AAMFT clinical member and approved supervisor. She is also certified through IITAP (International Institute for Trauma and Addiction Professionals) as a Sex Addiction Therapist and Supervisor. Dr. Carnes resides in Phoenix, AZ.

**Mari A. Lee, MA, LMFT, CSAT** is a Licensed Marriage and Family Therapist, and a Certified Sex Addiction Therapist. Ms. Lee is the founder of Growth Counseling Services, Inc., a recovery center in Pasadena, CA, where she sees clients for individual, couples and group therapy. In addition, she is a respected writer, speaker and presenter on women's issues, compulsive sexual behavior, trauma, communication, and leads workshops and weekend intensives for women in the areas of co-dependency, self-image and esteem. Ms. Lee resides in Southern California.

**Anthony Rodriguez, MSW, CSAT, BCSA, LISW, LCSW**, is the Founder and Clinical Director of The Men's Center. Mr. Rodriguez has pursued continuing education in the areas of treating survivors of sexual violence, anger management, addictions and other general mental health issues. He is a Certified Sex Addiction Therapist and is Board certified in treating sexual abuse by the American Academy of Experts in Traumatic Stress. He is also a technical consultant with the Office for Victims of Crime Training & Technical Assistance Center (U.S. Dept. of Justice). Mr Rodriguez resides in Iowa City, IA.

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