



# Sexual Anorexia: Overcoming Sexual Self-Hatred

*Patrick J. Carnes Ph.D.*

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# Sexual Anorexia: Overcoming Sexual Self-Hatred

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**Sexual Anorexia: Overcoming Sexual Self-Hatred** Patrick J. Carnes Ph.D.

A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery.

Author Dr. Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder, sexual addiction and compulsivity, often arise from a background of childhood sexual trauma, neglect, and other forms of abuse, Carnes explores the numerous dimensions of sexual health, examining key issues which must be addressed and resolved for recovery to proceed. Utilizing extensive research and elucidating case studies, Carnes develops concrete tasks and plans for restoring nurturing and sensuality, building fulfilling relationships, exploring intimacy, and creating healthy sexuality. Woven throughout the book are stories of recovery which illustrate sexual healing principles, model new behavior, and support motivation for change. *Sexual Anorexia* enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but, instead, a deeply sensual, passionate, fulfilling, and spiritual experience that all human beings are innately entitled to.

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