



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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Anthony Edwards:

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Aida Zambrana:

People live in this new time of lifestyle always aim to and must have the spare time or they will get great deal of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely sure. People is human not only a robot. Then we consult again, what kind of activity do you have when the spare time coming to an individual of course your answer can unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, the particular book you have read is In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior.

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