

Disclosing Secrets An Addicts Guide for When to Whom and How Much to Reveal



BOOK DETAILS

- Author : M Deborah Corley Ph.D.
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BOOK SYNOPSIS

Based on the latest research of the impact of disclosure, this updated and rewritten edition of *Disclosing Secrets* presents the best approach for addressing one of the most difficult challenges any sex addict must face - sharing information about his or her sex addiction. Drs. Corley and Schneider take us step by step through the painful, even excruciating process of revealing sensitive secrets related to any addiction, especially sex addiction. The reader will learn what, when and how to tell, who to involve, what (if anything) to tell the children, and what information to share at work and in the community. While serving as a guidebook for this very personal step towards recovery, the book also offers advice about rebuilding trust and repairing relationships. Clearly, there is hope that relationships can be strengthened after disclosure.

DISCLOSING SECRETS AN ADDICTS GUIDE FOR WHEN TO WHOM AND HOW MUCH TO REVEAL

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