

# **Out Of The Shadows: Understanding Sexual Addiction**

**By Patrick Carnes**

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Patrick Carnes (born in 1944) is a Carnes' idea of sexual addiction is controversial. Out of the Shadows: Understanding Sexual Addiction (1983)

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Patrick Carnes is the author of Out of the Shadows: Understanding Sexual Addiction. As a therapist, we often utilize his materials to enhance the content of sessions

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