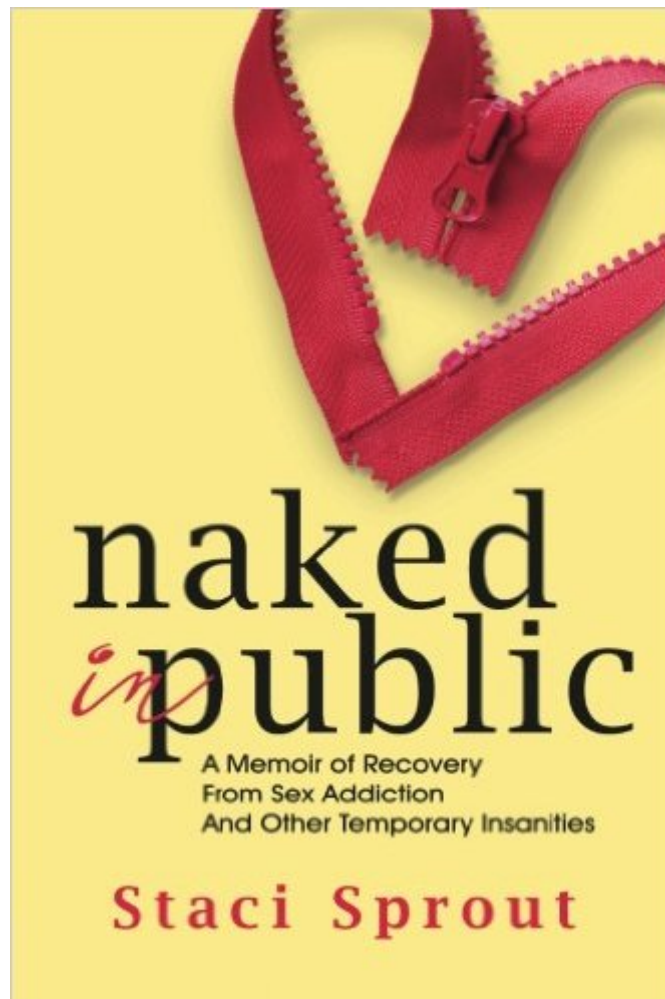


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# Naked In Public: A Memoir Of Recovery From Sex Addiction And Other Temporary Insanities



## Synopsis

IN THIS INTENSELY PERSONAL MEMOIR, Staci Sprout offers a vulnerable account of her recovery journey from the painful world of sexual intrigue and addiction. She was an honors student and cheerleader, and later a talented young social worker, but her life had a dark twist even her closest friends didn't suspect. Childhood sexual abuse and exposure to pornography had ignited a drive to be sexual that eventually threatened to unravel her sanity and her life. Desperate for relief, she tried psychotherapy, hypnotism, bodywork, and traditional and pagan spirituality. Nothing helped until a near-death experience became a turning point and she found her way into the rooms of 12-Step recovery for sex addiction. Staci's story reveals what can happen when a woman refuses to give up in her fight for dignity and freedom. The wisdom that emerges will be both a roadmap and inspiration for anyone, male or female, who struggles with sexual addiction and to their loved ones. "One of the most compelling recovery stories I've read." CLAUDIA BLACK, PhD, author of *Intimate Treason* and *It Could Never Happen to Me* "A bright gift of hope to individuals and couples impacted by sex addiction." DR. BILL AND GINGER BERCAW, relationship columnists for The Huffington Post, authors of *The Couple's Guide to Intimacy* "Incredibly powerful. A much-needed voice for female sex addicts, who far too often are shamed into silence." ROBERT WEISS, LCSW, CSAT-S, author of *Always Turned On: Sex Addiction in the Digital Age* "An instant recovery classic and a beautiful helping guide for anyone struggling with addictions." MARI LEE, LMFT, CSAT-S, author of *Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts*

## Book Information

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## Customer Reviews

Staci's writing is riveting, articulate, courageous and so honest. It is inspirational to read how dedication to healing can create exactly that. I could not put it down until I finished it. It left me inspired, moved and a sense of connection to the author. This book helped the reader understand the etiology of sex addiction as well as the way out of its horrific grasp. Naked in Public is a must read and I look forward to more by this same author.

This stunningly well-written and beautiful memoir describes the author's experience of the the taboo and highly misunderstood topic of sexual addiction. Despite the breathtaking incompetence and unethical behavior of the mental health professionals encountered by the author along the way, this page-turner of a book is filled with redemption, forgiveness and hope for the resilience of the human spirit, demonstrating our innate drive to pursue our own healing and the shared humanity found in supporting the healing process of others. A rare, authentic and raw must-read for all whose lives have been impacted by addiction.

"Rigorous Honesty" and "Half Measures Avail Us Nothing" are the two terms that come to my mind as I think about my whirlwind first read of this book. In the muddled world of addiction, co-addiction and recovery, we can trick ourselves in an infinite variety of ways. As honesty starts pervading our recovery, it is also the bedrock of progress. Even if we can't relate to some life experiences in this book, or are even want to shun them, honesty is something to be respected and strived for. I found it in this book. As I read, I said to myself, "If she can be honest about this, I can be honest about that in my life." It was also very enlightening to me to see how 12 steppers can use, say, alcoholism, as their life struggle, when truly, incest, or their own sexual addiction, narcissism, etc. stays well repressed within their core. This book helped me sort through many open loops in my own life, and I look forward to a more thorough reading.

Wholistic, Inspiring, Thorough, Healing, Helpful and Hopeful! A joy to read the honest story of genuine solid recovery. Thank You!

This memoir is filled with a grittingly honest account of the struggles and triumphs of a life reclaimed from the ravages of addiction. A compelling read - an absolute must read for those who

struggle with sex addiction and, perhaps even more so, for those who love them. Ms. Sprout, a gifted and sought-after Seattle-based therapist and speaker, shares with candor and grace, her courageous journey from a very dark place into a life of abundance and blessing. No matter your reasons for reading, you will come away touched by her light and solidly encouraged!

Wow. Wow wow wow. First of all, Staci has been my therapist for the past four months, and during this time I have only experienced her as a healing channel of light and love -- which is why reading her memoir impacted me so much. Staci is made an indelible impact on the lives of many many people in Seattle through her work as a therapist, and now she's continuing that work through the written word. To read about her troubles, trials, struggles and pain was such a surprise because it's hard to imagine someone as kind and wise as her could have suffered so much. This book really illustrates the healing magic possible when one is determined to change and willing to do the necessary work to transcend the past. It's also inspired me, and helped me get that my recovery isn't just about me anymore, but it's about the hundreds or thousands of people I can help through finding a way through the gauntlet of life without having to rely on old and toxic ways of thinking and living. If you relate to the struggles of sex/love/porn addiction, or know someone who does, this book will shed light on both the causes of such troubles, as well as the solutions.

I wrote this review a couple of weeks ago after I finished reading it and somehow it didn't get published. It was such an amazing book that I had to write it again. I have never read a book that so describes in such detail what goes on in the mind of a sex and love addict. I usually am reading 2 books at a time and abandon my non-fiction book for my mystery. Not so with this book. Ms. Sprout so vividly describes the chaos, pain, and entrapment of addiction and the step by step journey into recovery and a full, healthy and satisfying life that despite the fact that I was on a European vacation, I was reading it every spare moment. I was amazed by her honesty, vulnerability and very apparent recovery in writing this book. This is a wonderful book for addicts (if they take it a little at a time and process it with their therapist and/or sponsor--it could be triggering), the general public, and therapists (especially those, like myself, who are not addicts). Thank you so much, Stacie, for writing this wonderful book!

I read this book in one day. I was deeply moved by the honesty and amount of courage Staci has in telling her story. It is a page turner with deep compassion. Thank you Staci for writing your transformational story. I especially identified with being a therapist and being betrayed and lied to,

and feeling shame that some how I should have known. I found out my husband of 30+ years was dealing with sex addiction and am healing from his disclosure. I found hope in your story, I'm deeply grateful to you. I will definitely be recommending your book to my clients and their families struggling from Sex Addiction as a story of hope. Thank you, thank you, thank you. And I'm so happy for you Stacy!!!

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