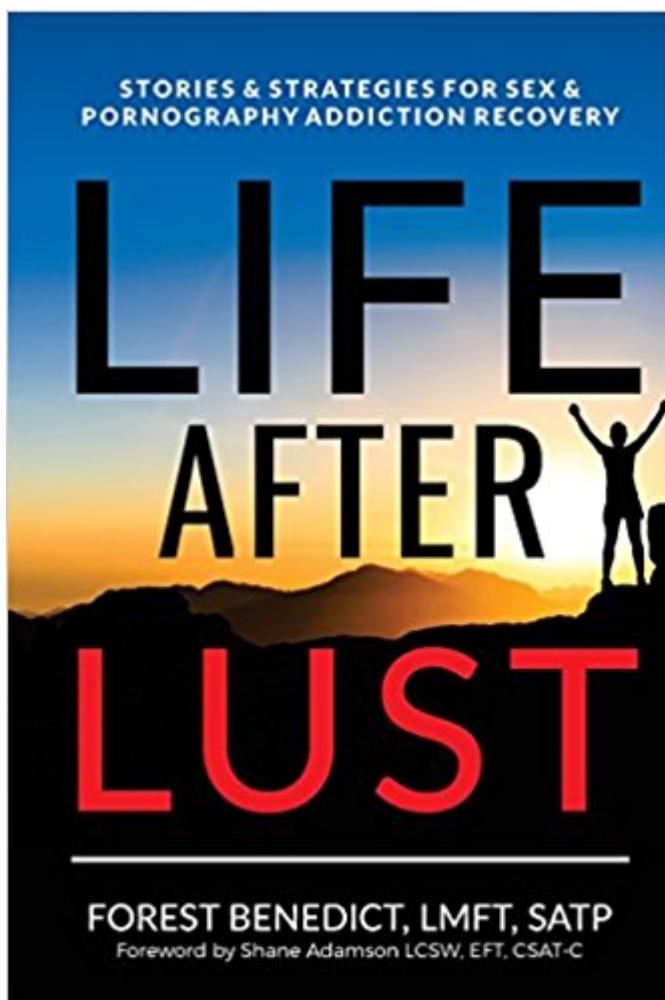


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# Life After Lust: Stories & Strategies For Sex & Pornography Addiction Recovery



## Synopsis

Recovery from sexual addiction is difficult, possible, and worth the effort. Forest knows. He's been there. Once shackled by shame and secrecy, sex addiction therapist Forest Benedict writes candidly about his personal recovery journey, sharing many science-based strategies for successful recovery. *Life After Lust* provides a clear recovery roadmap for men and women ready to embark on the heroic path from pain to purpose. All who seek a renewed vision for recovery will find help and hope within the pages of this book.

## Book Information

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## Customer Reviews

"Life After Lust is an honest and helpful read for those trapped in the fear and pain of pornography addiction. This book challenges men and women to take responsibility for their behavior, providing practical tools and next steps on their healing journey." CRAIG GROSS, Founder of XXXchurch.com "Life After Lust is an excellent resource for those wanting freedom from pornography addiction. This book also prepares men and women to fight for love in their personal relationships while working to change the world we live in." CLAY OLSEN, CEO and Co-Founder of Fight the New Drug "Forest Benedict is a skilled writer whose lyrical phrases delight and uplift this intense topic. Addiction-savvy and trauma-informed, Benedict never lets up on his fierce, loving message: Yes, you can do this! You will have to work hard to beat sex addiction, but I've done it, it's worth it, and I'm right here with you! Life After Lust is a must-read for any man, woman or loving family member who needs unrelenting optimism and cutting-edge strategies that really work on the road to healthy sexuality." STACI SPROUT, LICSW, CSAT, author of *Naked in Public: A Memoir of Recovery From Sex Addiction and Other Temporary Insanities* "Forest

Benedict's Life After Lust is a personalized and important contribution to the field of sexual health. He shares his personal story of recovery from porn addiction in a way that both educates and motivates the reader." ROBERT WEISS, LCSW, CSAT-S, Intimacy Disorder Specialist, Author of Out of the Doghouse: A Step-by-Step Relationship-Saving Guide for Men Caught Cheating" Forest's book Life After Lust is a valuable contribution to the sex addiction treatment field." MARK LAASER, PhD, Pioneer in the field of sex addiction recovery, Author of The Fight of Your Life, President & Founder of Faithful & True" As a clinician who works extensively with female sex addicts, I especially appreciate that Life After Lust includes women among those who struggle. I highly recommend this book and am grateful to have it as a preferred resource." MARNIE C. FERREE, LMFT, CSAT, Author of No Stones - Women Redeemed from Sexual Addiction and Director of Bethesda Workshops" Life After Lust is a thorough and thoughtful guide to recovery from sex addiction. In it, Benedict provides a step-by-step roadmap for the journey from addiction to freedom." DOUGLAS WEISS, Ph.D., President of the American Assoc. for Sex Addiction Therapy"Forest Benedict's book Life After Lust is a gift for those struggling with problematic sexual behavior, those who love them, and professionals who work with them."DAN GRAY, LCSW, CSAT, Co-founder of the LifeStar Network" This is an invaluable resource for counselors, pastors, and strugglers alike."RUSSEL WILLINGHAM, Executive Director, Fresno New Creation Ministries, Author of Breaking Free: Understanding Sexual Addiction and The Healing Power of Jesus"Life After Lust is a resource to help reinforce you for a lifetime of healthy living. While it's not easy to stop a pornography or sex addiction, it's even more difficult to build a life of trust, intimacy, connection, and emotional health after years of addictive living. Forest has taken a complicated and confusing process and organized it into an easy-to-follow guide. Knowing Forest, he would love to sit down with each person who picks up his book and personally help them map out their own journey. Thankfully, anyone who reads this book will feel like they're sitting with him getting personal guidance and support. His compassionate and non-judgmental voice comes through loud and clear. He expects great things from his readers and offers encouragement and realistic goals to help people create a bright future."GEOFF STEURER, MS, LMFT, Founding Director of LifeStar of St. George, UT and co-author of Love You, Hate the Porn: Healing a Relationship Damaged by Virtual Infidelity

Forest Benedict is a Licensed Marriage and Family Therapist and Sexual Addiction Treatment Provider (SATP) who serves as the Clinical Director of LifeSTAR of the Central Valley, an outpatient sexual addiction treatment program. Forest is the Program Manager of the SATP program at

Mid-America Nazarene University, where he trains therapists to do sexual addiction treatment. Forest blogs regularly and has written for XXXChurch and Protect Young Minds. Passionate about protecting children from pornography, Forest speaks publicly on this timely topic. Forest is a husband and father who lives in Fresno, CA.

As a pastor who's worked with many in recovery and as someone who is personally in recovery, I can honestly say this is one of the best books I've ever read on the topic of sex & pornography addiction (and I've read quite a few). Forest has a unique voice. He speaks with the authority of an experienced therapist, yet also shares with vulnerability and transparency from his own experience. His story resonated with me deeply. This book also gave me hope and practical encouragement. I especially loved the section on "mastery" which is full of practical tips on how to heal from a shame based identity and learn new, healthy ways of coping with stress and difficult emotions. I highly recommend this book to anyone who is personally struggling with lust/pornography and anyone wanting to help others in recovery.

I read this book as a therapist looking for more good resources for my own clients, as a mama to young kids growing up in a world that objectifies people ALL THE TIME, as a wife to a man in recovery, and as a woman in recovery myself. Needless to say, I could read this book through a variety of filters, and EVERY ONE OF THOSE filters gives this book 5 stars. Hands down, I will recommend this book to every client, not only the ones currently struggling through sexual addiction, but to friends and family of the struggling person. As a mama, Forest includes a few sections on raising our kids in this culture and how to best protect them. SO GOOD. So eye-opening. Every parent needs this book. As a wife, it helped me to understand some of what my husband might be thinking or believing about himself in his own recovery and ways I can continue to support him. AND, finally, as a woman... we often think it's only men who struggle with lust or objectification, but Forest has cleverly written this book in such a way that I found myself resonating with his chapters as well. This is NOT just for men; women will benefit too. So basically, this book is a must read for anyone. Oh, I'll add that my teenage daughter is reading the book now (she's 17) and said she LOVES it and has a handful of people she wants to share it with. So there you have it... it's even impacting teens.

This book is an excellent field guide for those struggling with lust or for those who know someone who wrestles with forming true and lasting relationships. Written by a therapist who himself came out

of this addiction, it's packed full of practical advice and steps to help an individual make good and healthy choices. One thing I appreciated was the authors personal "voice" in the book. One gets the feeling the reader is sitting down to coffee with a fellow-pilgrim who is just ahead on the trail pointing out the dangers and pitfalls along the way. I highly recommend this book.

Great book for sex/porn addiction recovery! I am a licensed psychotherapist who specializes in sex/porn addiction recovery. This book has pragmatic and powerful steps which guides the person to develop a solid recovery. It is easy to read and to the point, not overfilled with too many details or micro-analysis. I have just included this book as one of the required readings & discussion topics for groups and individuals who I treat for porn/sex addiction recovery. . I love the way the book is structured with points, and easy to understand.

Benedict includes a variety of approaches and practices that will support and encourage those struggling through or in recovery from sexual addiction. His book offers realistic hope that acknowledges the difficulties and complexities of addiction and encourages the reader to battle on and win.

Forest is insightful as he writes about his vast experience counseling others who struggle with addiction. I especially appreciate the chapter on self-care. Thank you Forest for putting it in a book that I am able to reference when I am struggling.

Life After Lust lays out a practical, relevant, well-principled guide for those struggling in the area of sexual integrity. Forest's courage and willingness to share excerpts of his own story provides the reader an avenue for vulnerability and authenticity. A great complement for recovery-model practitioners and an even greater tool for those pursuing their own recovery journey.

Forest does an excellent job of guiding those in recovery toward healing in a structured and compassionate way. He's walked the road and writes with clarity and purpose. He's the perfect guide.

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