

Sex addiction. The term conjures visions of Tiger Woods and Josh Duggar and a slew of accompanying jokes. Most people don't even believe sex addiction is real. They label the addict a pervert and dismiss his or her behavior as aberrant or morally lacking. But science shows that, to the sex addict, sex and images of sexual acts or trigger stimuli react in the brain just like alcohol in an alcoholic's brain. Sex addiction is very real...and when it happens to your family, it's not very funny. Because of the taboo, sex addiction is not discussed. People are embarrassed, either because they are engaging in inappropriate sex acts or because someone they love is. The Birthday Gift is all about opening the discussion. It is not a novel or a biography or a memoir. And it's not a self-help book. It's an honest look at how sex addiction impacts family. And it all started on my 40th birthday, when my world fell apart. For years, I had been living with a secret. My husband, a pastor, was a sex addict. He spent hours on the computer, looking at internet porn. Sometimes, he would be so into it, he wouldn't get up to use the restroom. He would just fill empty soda bottles scattered on his desk. I always believed that, if I prayed hard enough, if I was good enough, God would heal him and it would become a part of our ministry. We would tell the truth and help other people heal. But on my 40th birthday, as I packed up the parsonage with the woman my husband had had an affair with sitting across the street in her car watching, I realized that was not going to happen. God had not healed my husband. On this birthday, I was not getting the gift for which I had so fervently prayed. But I was getting a gift, even if I couldn't recognize it at the time. This is that story in snapshots, little moments that make up a life. Revealing and raw, it is the truth about what sex addiction does to a family and gives an in-depth look at what Family Week is like inside a treatment center for sex addiction. But more than that, it's a story about God's love for all of us, His presence in our pain, and His unexpected gifts.

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