



From One Addict to Another: One Man's Journey from the Depths of Sexual Addiction to Freedom

Dann Aungst

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From One Addict to Another is the brave retelling of one man's experience with sexual addiction. The author, who feels called by God to share his personal story in order to help other sex addicts as well as strengthen his own recovery, describes a childhood of pain and loneliness that left him aching for wholeness; his awakening sexuality and the false promises of fulfillment it offered; and his descent into a life of lies and compulsive, out-of-control behavior that nearly destroyed his marriage and life. When the consequences of his altered reality begin to unfold, Aungst attempts to find help, if only to appease his loved ones as first. Then, guided by supportive friends and community, he encounters Jesus and begins the long and arduous climb out of this destructive way of life and toward true recovery. He begins healing and building a life centered around a relationship with God—a life where he finally finds the love to fill the void in his soul. Includes concrete advice and tips for other men struggling with sex addiction from someone who has been there himself. This is a compelling story of pain and despair, hope and surrender—a must-read for anyone dealing with the devastation of sexual addiction.



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