

A note from Lisa:

I sell *Best Sex for Life* because it is the best book in its class. This woman's love of the Lord and overall wisdom shine through. However, it is also clear to me that she has had no in-depth training on pornography and sexual addiction (though she has some familiarity with it because of course she will be seeing clients whose underlying issue with their intimacy is a sexual addiction).

Her lack of knowledge in this area (and her focus on sexology), I feel, throws her off a bit in the following areas:

- Sexual intimacy is not the key to building intimacy in the marriage. It is the culmination of the other types of intimacies (spiritual, emotional, recreational, physical/non-sexual). I talk about this in my book *Beyond Betrayal*, and Jason Martinkus has a lovely graph on this in his book, *Worthy of Her Trust*
- Sexual intimacy is not the key to healing sexual addiction. To imply in any way that it is puts an enormous pressure on the betrayed spouse, who is going to need a lot of healing before s/he feels ready for sex again (over 70% of the women in my study needed a break from sex after discovery — the other 30% continued having sex with their husband despite strong feelings of fear which undermined the experience).
- Re.sex toys (discussed on pages 138-140), when the couple has built toward sexual intimacy from a place of spiritual, emotional, intellectual and recreational (having fun together) connection, not only is there no need to try and make sex “more fun”, sex toys and games will likely only serve as a diversion. Moreover, any object used to create/enhance sexual arousal has the potential to become the focus of a fetish (i.e., the object is bonded to). Finally, in any instance where there has been sexual addiction or problematic sexuality (which we know statistically is most cases) sex toys/games will re-enforce the neural pathways of the addiction/sin. The goal is to build new neural pathways focused only on the spouse.
- Masturbation (also page 138) is also approved of by Weerakoon when the object of fantasy is the spouse. This fails to acknowledge that most men and many women have struggled with masturbation and that masturbation itself creates a craving for more masturbation (not more marital intimacy) and the body can learn to prefer masturbation (i.e., the feeling of one's own hand) over the sensations of marital intercourse. Sex was never meant to be about self-gratification. Self-gratification is a trap and I (and some other sex addiction specialists) feel strongly that it is to be avoided, no matter the circumstances. (Please note I'm speaking specifically to self-masturbation as self-gratification.)

These make up a small portion of the book, however.

Also, some of the illustrations (for educational purposes) in the book can be triggering both to someone coming out of porn addiction and to their spouse. I recommend going directly to page 184, which is Appendix 2, where the re-integration programme begins. There is a potentially triggering illustration on page 183 and from page 200 onward. Going directly to page 184 and just focusing on each page before you over the days and weeks to follow will help avoid triggers.

May you (or those you walk with) find this book helpful on the journey.

Lisa Taylor