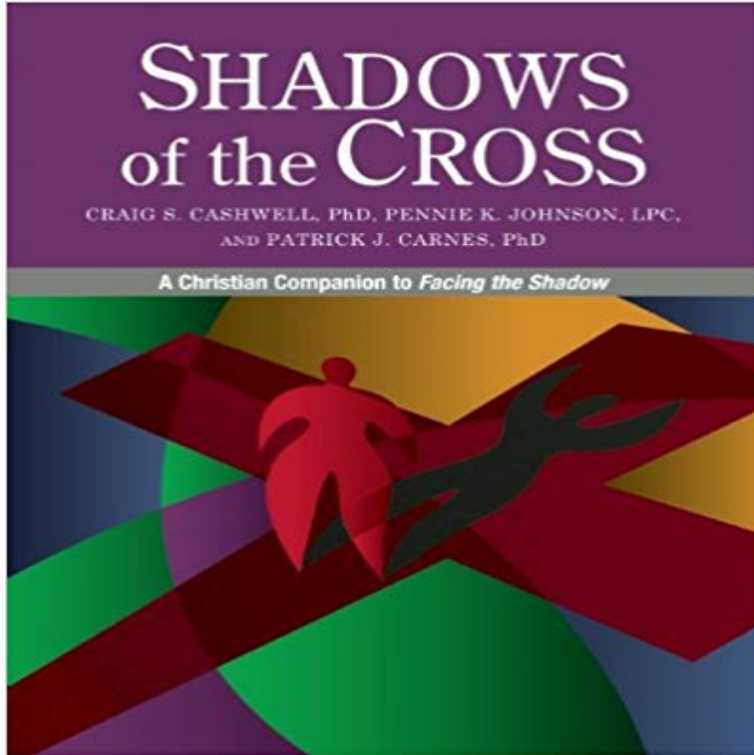


Shadows of the Cross: A Christian Companion to Facing the Shadow



Often Christians who struggle with sex addiction live the ultimate Jekyll and Hyde existence, being active in their church communities even as they hide their addiction. The Christian church, in general, struggles to address issues of sexuality in a non-shaming way, which further supports the hidden nature of the addiction. For these men and women, spirituality and sexuality have become compartmentalized. Recovery, then, must involve the integration of healthy spiritual beliefs and practices with healthy sexuality. *Shadows of the Cross* used in conjunction with Dr. Patrick Carnes book *Facing the Shadow* will provide a roadmap for this healing journey. *Shadows of the Cross* provides an early spiritual focus to recovery while addressing issues of sexuality in a non-shaming way using Biblical scripture to encourage long-term recovery. *Shadows of the Cross* offers unique guidance on spiritual practices such as Christian meditation, contemplative reading, solitude, confession, study, and prayer. This book was written specifically for the subset of those in recovery who self-identify as Christian. Craig S. Cashwell, PhD, is a professor in the department of counseling and educational development at the University of North Carolina at Greensboro who maintains a part-time private practice focused on sex addiction and couples counseling. Pennie K. Johnson, LPC, CSAT, is a clinical therapist who has a passion for working with congregations and their church members who are suffering with addiction, primarily sexual addiction. Patrick Carnes, PhD, is an internationally known educator, researcher, author, and speaker on addiction and recovery issues.

Shadows of the Cross A Christian Companion to Facing the Shadow Craig is the author of over 125 professional papers and three books, including *Shadows of the Cross: A Christian Companion to Facing the Shadow*, *Integrating*

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