



# **Thirty Days to Hope & Freedom from Sexual Addiction: The Essential Guide to Daily Recovery**

*Milton S. Magness*

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Genuine healing is available to women and men who seek to restore their integrity and live in continuous sexual sobriety. Through a thirty-day approach, Milton Magness, D. Min., prepares readers for long-term recovery with essential advice on how to cope with isolation, dishonesty, secrecy, and what to expect from therapy.

**Milton Magness, D. Min.**, is the founder and director of Hope & Freedom Counseling Services in Houston, Texas. He is a certified sex addiction therapist and a licensed professional counselor. Dr. Magness is the president of the board of directors of The Society for the Advancement of Sexual Health (SASH).

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