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[The Routledge International Handbook of Sexual Addiction 1st Edition](#)

The Routledge International Handbook of Sexual Addiction, edited by a team of leading experts in the field and published by Routledge, is an essential resource for mental health professionals, researchers, and educators devoted to understanding the complexities of sexual addiction. With its ISBN 9780367332990, this comprehensive handbook encompasses a diverse range of perspectives, offering in-depth insights into the psychological, sociocultural, and biological factors that contribute to sexual addiction. Spanning fundamental theories, clinical practices, and emerging trends, the volume brings together contributions from renowned scholars and practitioners, ensuring a multidisciplinary approach to this growing field of study. Readers will benefit from the book's exploration of various therapeutic modalities, including cognitive-behavioral therapy, group therapy, and mindfulness approaches, all tailored to address the unique challenges faced by individuals struggling with sexual addiction. The discussions extend to the impact of technology and the internet on sexual behavior, the ethical considerations surrounding treatment, and the societal stigma associated with addiction, making it a pivotal text for those seeking to broaden their understanding of these critical issues. Whether you are a seasoned clinician looking to refine your practice or a newcomer to the field eager to grasp the fundamental concepts of sexual addiction, this handbook serves as a vital tool for both educational and clinical settings. By illuminating the diverse dimensions of this multifaceted phenomenon, The Routledge International Handbook of Sexual Addiction not only advances academic dialogue but also aims to foster a more empathetic and informed approach to treatment and recovery.