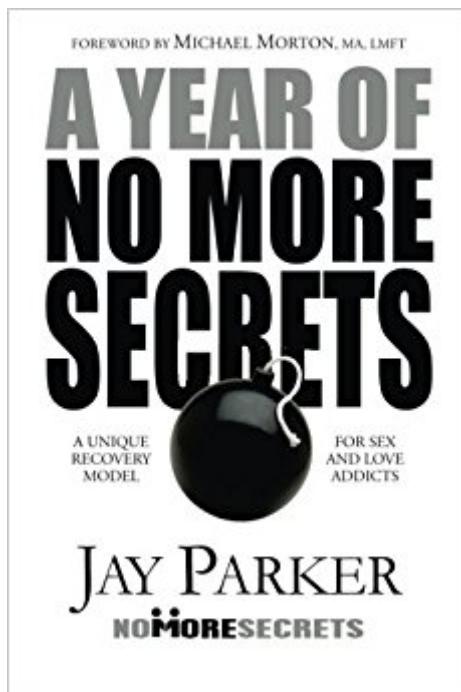


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# A Year Of No More Secrets: A Unique Recovery Model For Sex And Love Addicts



## Synopsis

Sex and love addiction blows up lives in brutal ways, but there is hope for recovery for those who seek it. Jay Parker, professional Recovery Coach and founder of No More Secrets, provides a look inside a very unique approach to recovery with powerful stories of heartbreak, betrayal, hard work, forgiveness and restoration. Jay shares experiences and observations that are surprising, poignant, encouraging and inspiring. *“Jay Parker takes us on a journey that is enlightening, inspirational and highly informative. His contribution in the field of sex and love addiction is the most cutting edge work I’ve seen to date. It is a must read for anyone dealing with the effects of this pervasive addiction and any clinician treating these individuals!”* • Rokelle Lerner, Clinical Director of InnerPath Retreats, Cottonwood Tucson, Author of: *The Object of My Affection is in My Reflection: Coping With Narcissists*, *Daily Affirmations for Adult Children of Alcoholics*, *Affirmations for the Inner Child and Living in the Comfort Zone: The Gift of Boundaries in Relationship*. *“Let’s thank Jay Parker and his forward thinking in recovery for writing a diary of a year’s accounting of what actually happens while people are getting help versus just telling a story about what’s on the other side. We can begin to learn to shed our secrets and get clear and deeper as we go into sobriety. It’s a must read!”* • John Lucas, former NBA All-Star and NBA Coach, Author of *Winning One Day At a Time*. *“This is a book that is hard to put down! It reveals a revolutionary way for sex and love addicts to recover. It is filled with stories of heartache and healing.”* • Dr. Hilarie Cash, PhD, LMHC, Co-author of *Video Games and Your Kids: How Parents Stay in Control*. *“I am privileged to have experienced the positive results of Jay’s work in both being a therapist who has worked closely with him in the treatment and continuing care relationship and in being able to experience his community of recovery and see the positive results achieved with even the most broken of lives and relationships as a result of sexual addiction.”* • Michael Morton, MA, LMFT, KeyStone Center Extended Care Unit Jay Parker is a native of New York City who ran a successful basketball talent scouting service in Texas until his own struggles with addiction took his life in another direction. He lost his business and career. Through his professional association with the former pro basketball all-star, John Lucas, Mr. Parker entered the John Lucas Treatment and Recovery Center in Houston and dealt with his addiction, turning his experience into his expertise. Mr. Parker completed counseling course work and became a Licensed Chemical Dependency Counselor (LCDC) in Texas in 1994. He began a new career in mental health as the director of education at West Oaks Hospital in Houston before moving to the private alcohol and drug treatment center, The Right Step. He moved to the Pacific Northwest to

take an administrative position with Lakeside-Milam Recovery Centers in Kirkland, Washington. He met Dr. Hilarie Cash, who was at work developing observations about computer and Internet addiction. In 1999, they co-founded Internet/Computer Addiction Services (I/CAS) in Redmond Washington. As a byproduct of his work in I/CAS Mr. Parker started No More Secrets in 2000. He has appeared on ABC News, CNN, the BBC, and PBS, and been interviewed by publications including The Wall Street Journal, USA Today and U.S. News and World Report. In 2013 Mr. Parker left the field of counseling to become a recovery life coach. He is happily married with two adult children. He recently celebrated his twenty second year of personal sobriety. His commitment to his own recovery is unwavering. Mr. Parker takes particular delight in dancing at the weddings of his clients who, like him, have turned their lives around.

## **Book Information**

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## **Customer Reviews**

This is just a fantastic, can't-wait-to-finish, inside look at what is probably the only truly unique recovery treatment model in the US. Parker hammers the theme home - attack the intimacy disorder and shine the light on the addict. Many in recovery struggle long and hard to redevelop the ability to socialize, to develop normal relationships, to become productive members of society, and to simply connect with others. Parker succinctly - through example by example - provides a very straightforward and tangible look at a model that nearly "cures" the addict's false need for isolation, lies and intense fear and shame. And the fact that Parker tackles the Big Kahuna of addictions - sex addiction - makes the model all the more miraculous. Perhaps other counselors, "recovery coaches," psychiatrists and psychologists in the field could learn a bit from this fantastically

readable look into a singular success model. The metrics at the back of the book state the case.

As a woman who has been traumatized by sex addiction within our family and not trusting men very much, Jay has truly been an amazing help in restoring that trust bit by bit through his tender care of people, especially the partners who have been hurt so badly by this. Jay reaches out and listens and actually gets this. I am thankful for hope and I am thankful for someone who is devoting his life to helping others.

A "truthful" book from one of the biggest cons on the planet! And I speak from experience.

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