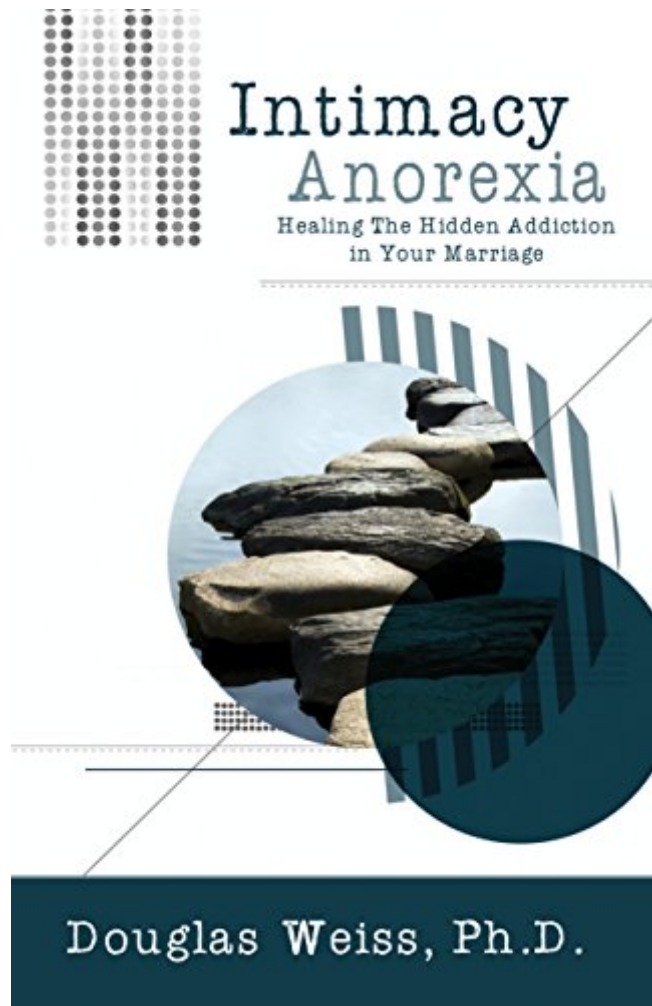




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# Intimacy Anorexia: Healing The Hidden Addiction In Your Marriage



## Synopsis

This hidden addiction is destroying so many marriages today. In your hands is the first antidote for a person or spouse with anorexia to turn the pages on this addiction process. Excerpts from intimacy anorexics and their spouses help this book become clinically helpful and personal in its impact to communicate hope and healing for the intimacy anorexic and the marriage.

## Book Information

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## Customer Reviews

A very informative book for both the intimacy anorexic and the spouse who is being starved of Intimacy.

The information in this book is revolutionary and great. But sheesh, take a little time for editing. Lots of grammatical and print errors in the book. Some chapters are overbearingly long while others are more simple. Good to see Weiss bringing this issue into the addiction mainstream. But some of the editing errors were distracting.

This book has helped me so much! My husband has withheld his love, affection, time, spirituality, sex--everything from me our whole marriage starting on our wedding night. This book is not perfect in that there are grammatical errors that annoyed me and a repetitive little quiz over and over that I felt was unnecessary, but I'm ok with that because this book gives a name to the hell I live in daily!!!!

About two years ago, I discovered my husband was addicted to porn and masturbation and my world crashed in around me. I have always wanted his love and affection. And sex. But he has chosen himself rather than be with me. It's such an isolating situation. Why would a husband not prefer his own willing wife? It's not like you can run around talking about this with people because most would assume there was something wrong with you. All the books on porn addiction suggested a past of abuse, but that never happened to him. Then, while in a support group on Facebook for spouses of porn addiction, someone mentioned "intimacy anorexia" and I jumped on google. Omg! The porn addiction my husband has/had was a product of his addiction to withholding from me! He intentionally picks a fight with me to get me upset or he "forgets" something again (he's also passive-aggressive), or pokes at me or touches me in ways that he knows will make me mad so that he can justify his masturbation and pushing away of me. In his passive-aggressiveness (a whole other book), he punishes me for getting mad at him when that is his whole goal in keeping intimacy out of our marriage. He never speaks of feelings. Never says "I'm mad". Just starves me of love and punishes me with silence. He puts everyone above me. Even little ridiculous things like not ever "liking" my Facebook posts even when I tag him in them. He likes everyone else's posts that he gets tagged in. It's little things like that always.

Anorexic strategies include 1 starve the dog--intentionally putting the spouse in deprivation by withholding love, praise, sex and then blames the spouse and uses anger or silence to push the spouse away. 2 read their mind--basically this is where they are good and nice and they believe in their heads that their spouse is bad, negative, or critical or up to something, they can justify the withholding intentionally putting their spouse in pain. This is a crazy-maker for the spouse. HOW YOU KNOW: Exclusive to the spouse--example: they are on time for work and appointments, but are always making the spouse late (because it drives you nuts or makes you mad). In this category, something I've always had a problem with him doing, but never thought he was intentionally doing is he will be on the phone with family or friends and I get to overhear details of his life that he never shared with me. They also will have time for others, but never for the spouse. Effective: basically means since me being late makes me crazy, that's what he will do. If, say, we divorced and he remarried, he would employ different strategies to drive her crazy. They do what works. This is how it is intentional. Repeated: when they find what works--they keep doing it. Period. If you react negatively by either getting hurt or mad and distance

is created, then to them that's a positive. That's the go-to methods. My husband sounds like a bad guy as I reread this, but to the world he is friendly, outgoing, social, nice, but to me he is nice enough, but has never given me intimacy. It's all done in a way that you think you are crazy or that you must be doing something wrong. Why would someone you love and who loves you hurt you on purpose? To keep the distance. To keep you from knowing their fears or their true selves. To protect themselves. I read this book in a flash, but my husband is finishing up the book he's on regarding his porn addiction before he starts this one. Once he reads it, I'll update this review with his side or hopefully a change in his behavior. He has to learn something he never learned as a child because both of his parents are also intimacy anorexics. I just know we need change. I'm tired.

Excellent!

An astoundingly accurate analysis of life with an Intimacy Anorexic. Are you in a relationship where your spouse or significant other has been growing increasingly cold or distant over time, even as you do more and more to try and please him or her? Do you rarely or never receive thanks, praise, or an apology from this individual? If these things all sound all too familiar, this book is a definite read. All of the things that you thought were isolated issues have a single, root cause: the addiction, to emotional withholding, on the part of your significant other that is as real and as deadly as food anorexia, alcoholism, or any other pattern of pathological devotion to destructive behavior. In this one volume, you can begin to understand the foundation of these issues, take steps to protect yourself and begin to heal, and hear the voices of other men and women whose partners have driven them to despair and believing that they are crazy. Take the step today of affirming your own sanity if you are caught in such a relationship, or healing yourself if you suspect you are an Intimacy Anorexic yourself.

still reading but so far it is interesting.

Have you ever wondered why you don't feel connected to anyone? If you are like me, you might think that being a "loner" means you are strong, independent - a stereotype that has sold us on the belief that this is somehow natural and expected. The reality is that the people who care about us also desire a connection with us, and that means breaking out of the cycle of finding excuses for not being open, honest and caring - in other words, being willing to be intimate. I highly recommend this book - it's made a world of difference for me (and, more importantly, for my spouse). Dr. Weiss not

only explains the root cause of the problem, but he also provides sound, simple steps to help overcome it. (Simple, but not easy...)I also highly recommend "Leadership and Self-Deception" (published by the Arbing Institute).

Great book....!

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