

Many men are fighting secret wars against workaholism, sexual addiction, substance abuse, pornography, and extramarital affairs. They are often reluctant to seek help, and find their battles difficult to win because of baggage from the past and pressures in the present. But men don't have to become casualties in these secret wars. This book helps readers recognize the at risk factors that precede the development of a secret life. Drawing candidly from his own struggles and those of numerous other men, Patrick Means provides tested strategies for defeating the habits and secrets that threaten men's private lives. A study guide has been added to this paperback edition.

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