



The Myth of Sex Addiction

*By David J. Ley PhD. Author of the forthcoming Ethical Porn For Dicks
A Man's Guide to Responsible Viewing Pleasure*

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In this controversial book, David Ley debunks the myth of sex addiction, showing how labeling it a disorder has wrested responsibility away from philandering men and excused their bad behavior as being out of their control. He takes on those who would label it a disease and challenges us to reexamine our approach to male sexuality.

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Editorial Review

Review

Ley presents the history and questionable science underlying the alleged disorder of sex addiction, exposing the moral and cultural judgments embedded in the concept, and the economic factors that drive the label in clinical practice and popular media. Ley debunks the idea that sex addiction is real, or at least that it is as widespread as thought.

From the Author

The public is inundated with the labels of sex addiction, inappropriately and unethically applied to public figures involved in sex scandals. The media and countless addiction professionals present this disorder as though it is real, supported by science and accepted by the medical community. But, the reality is that sex addiction is NOT a valid diagnosis, is not accepted by the American medical, psychiatric or psychological communities and associations. There are many treatment centers and sex addictionologists who will take your money to treat sex addiction, but there is NO scientific evidence that their treatment works, or is worth your money. There is a strong scientific and medical skepticism and disdain for the idea of sex addiction, a debate that is not represented by the media. Instead, the media uses black and white junk science concepts like sex addiction to grab the audience's attention, creating a moral panic and using fear of sex to command a share of audience attention.

Though there are countless popular books that will tell you that you, your husband, wife and political leaders are or might be addicted to sex, there are no books that carefully examine the reality of the claims made by the true believers in sex addiction. This book was written to present the other side of the argument. I believe that the realities of this debate need to be public and transparent, to allow people to see that sex is not a disease, and that sexuality is a healthy, integral and important part of people's lives. Treating sex as dangerous, unhealthy and destructive stigmatizes many people, including men, women and the LGBT community. The label of sex addiction gives false excuses for the selfish, narcissistic and destructive acts that some husbands, leaders and celebrities engage in, and distracts from the real issues involved in their choices.

We need to demand that instead of simply calling someone a sex addict, we start asking the real questions of why and how people make the choices they do, whether it involves sex or not. And we need to demand responsibility and ethics, from our husbands and wives, from addiction treatment providers, from the media, and from our political leaders. This starts by exposing sex addiction as a shell game, a game that is using smoke and mirrors to hide moral judgments and to deny personal responsibility.

About the Author

David J. Ley is a clinical psychologist in practice in Albuquerque, New Mexico. He provides clinical and consultative services in numerous other states. Dr. Ley currently serves as Executive Director of a large outpatient behavioral health agency in Albuquerque and maintains a current caseload of clients. He is the author of *Insatiable Wives: Women Who Stray and the Men Who Love Them* (Rowman & Littlefield, 2009).

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