



How to Make Love While Conscious: Sex and Sobriety

Guy Kettelhack

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Until now, no book has dealt squarely with the urgent issues surrounding sex, intimacy, and love as they relate to recovering addicts and alcoholics. Sobriety means consciousness, and conscious sex can be frightening to people whose sexual lives and identities were formed under the influence of alcohol and other drugs. In his candid, compassionate, and highly readable style, Guy Kettelhack deftly weaves together his own insights and the experiences of other recovering people. While such issues are not often discussed in most Twelve-Step meetings (a reflection of the larger society), this book serves as an AA or NA meeting with SEX as the topic of discussion. There is no doubt that the journey to conscious love and sex is a rocky one for most people in recovery. Kettelhack shows what it can be like to experience sex, love, intimacy with the entire self, in full consciousness. HOW TO MAKE LOVE WHILE CONSCIOUS demonstrates that anyone who wants to accomplish more in this area than he or she may have ever thought possible.

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