



The Fantasy Fallacy: Exposing the Deeper Meaning Behind Sexual Thoughts

By Shannon Ethridge

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Erotica has invaded more than our minds – it has exploded onto our bestseller lists and into our bedrooms.

Many are looking to sexual and emotional fantasies as avenues to fulfillment. Our fantasies, however, are not reliable guides into the future?they are actually rocky road maps from our past. Best-selling author Shannon Ethridge theorizes, “Fantasies are simply the brain’s way of trying to heal itself from unresolved tragedies and traumas. We mentally compartmentalize our pain to make room for pleasure.”

Fantasies have deep psychological roots, and if acted on many of them can do deep psychological damage. Rather than let fantasies rule us, let’s take out the sting and bring them under God’s rule, allowing the Lord to heal us from the brokenness and insecurities that cause inappropriate fantasies to haunt us.

Without being judgmental or condemning, Shannon helps us dissect several common and often-disturbing topics, such as:

- a distorted fascination with pornography
- the mental pursuit of multiple partners
- the lure of gay and lesbian desires
- bondage, domination, and sadomasochism (BDSM)

With tips for controlling unwanted fantasies and resources for providing a safe haven for recovery, *The Fantasy Fallacy* helps us recognize and heal our emotional pain and equips us to help others do the same.

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Editorial Review

About the Author

Shannon Ethridge is a best-selling author, international speaker, and certified life coach with a master's degree in counseling human relations from Liberty University. She has spoken to youth, college students, and adults since 1989, and is the author of 21 books, including the million-copy best-selling Every Woman's Battle series. She is a frequent guest on TV and radio programs, such as The Today Show, The 700 Club, New Life Live! with Stephen Arterburn, and Life Today with James and Betty Robison. She also mentors aspiring writers and speakers through her BLAST Program (Building Leaders, Authors, Speakers and Teachers). Although grateful for the opportunities to influence this generation as a writer and speaker, Shannon remains most passionate about her role as a wife and best friend to her husband, Greg, and a mother to daughter, Erin, and son, Matthew. Learn more at www.ShannonEthridge.com.

Stephen Arterburn is a *New York Times* Best Selling author with more than 8,000,000 books in print. He most recently toured with Women of Faith which he founded in 1995. Arterburn founded New Life Treatment Centers as a company providing Christian counseling and treatment in secular psychiatric hospitals. He also began "New Life Ministries", producing the number-one Christian counseling radio talk show, "New Life Live," with an audience of over 3,000,000. He and his wife Misty live near Indianapolis.

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