



# The Fantasy Fallacy: Exposing the Deeper Meaning Behind Sexual Thoughts

*Shannon Ethridge*

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**The Fantasy Fallacy: Exposing the Deeper Meaning Behind Sexual Thoughts** Shannon Ethridge  
**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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