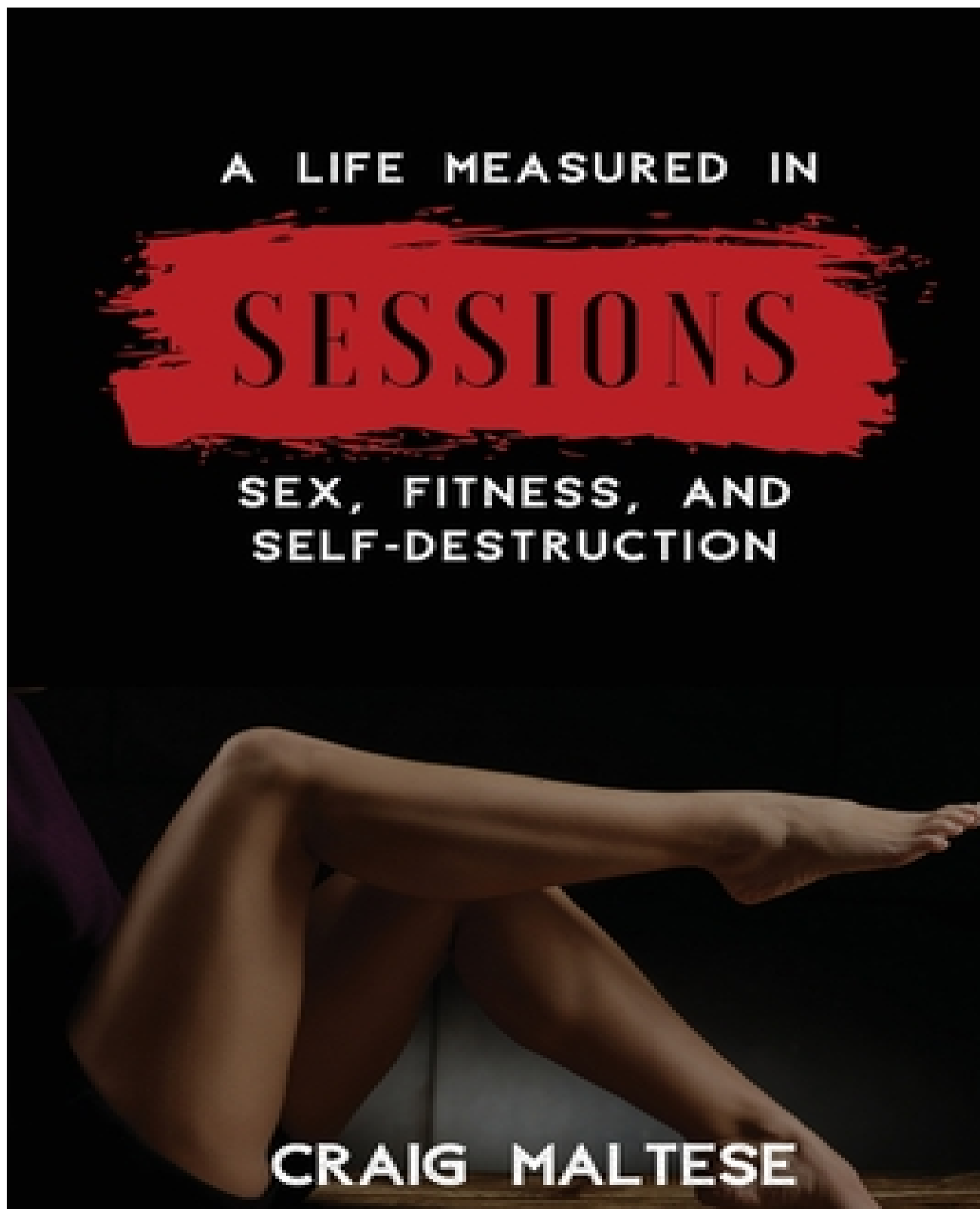


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A Life Measured in Sessions: Sex, Fitness, and Self-Destruction
by Craig Maltese



Synopsis:=====

Thrown into adulthood way too soon as a young boy, Craig Maltese divulges the years of turmoil he faced from exposure to sexual behavior. Turning to the world of fitness as a healthy release, Maltese found that avenue too was rife with corruption, destruction, and bad choices. The challenges which led him down a dark path to an unhealthy relationship to sex and intimacy throughout his life would ultimately empower Maltese to find his authentic voice. Pain, heartbreak, and Maltese's eventual redemption makes this book a must-read.

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