

# Out Of The Shadows Understanding Sexual Addiction

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Out of the Shadows - Patrick J Carnes 2009-06-21

Unhooked from regular routines and healthy relationships by the coronavirus pandemic or other traumas, even our most basic human impulses and inputs can become addictive and destructive. An essential resource for those struggling with sexual addiction and compulsions, and those who love them. With the revised information and up-to-date research, Out of the Shadows is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. Out of the Shadows is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

*Tinsa* - Lpc Csats Michael Barta Ph D, Michael 2017-12-14

Sexual addiction treatment has long focused on managing the symptoms of addiction with abstinence--a difficult challenge in a world where limitless pornographic gratification is never more than a mouse click away. A new recovery method is needed: one capable of identifying and

treating the core cause of addictive behavior. Tinsa(R) is such a program. Created by a preeminent Colorado master clinician, Tinsa(R), or Trauma Induced Sexual Addiction, explores the effects of adverse developmental experiences on a young brain and nervous system and illustrates how the damage caused by those experiences encourages addictive behavior. Realizing how many sex addicts suffer from abandonment, neglect, and other childhood trauma led Tinsa(R) creator Michael Barta, PhD, LPC, CSAT, to examine how emotional wounding leads to the need to self-regulate the release of the pleasure hormone dopamine through sexual stimuli. As increasing levels of dopamine are required over time to reach the same "high," by adulthood, self-regulation can produce compulsive, damaging sexual behavior. Through Tinsa(R), Barta offers the means to treat sex addiction at the source, reducing compulsive sexual behavior over time and providing effective, long-term recovery. Tinsa(R) has helped thousands already. It can help you too.

*Breaking Free* - Russell Willingham 2010-08-28

Leading readers through self-diagnosis and step-by-step through the stages of recovery, Russell Willingham reminds us of all the resources Christians have at their disposal for dealing with sexual addiction.

*The Myth of Sex Addiction* - David J. Ley 2014-07-10

Presents the history and questionable science underlying sexual addiction, suggesting that men take responsibility for sexual choices rather than labeling sexual desire as a force that must be resisted, feared, and treated.

LONELY ALL THE TIME - Earle 1990-06

Compulsive sexual behavior is finally being recognized as an addictive disease like drug abuse, overeating and gambling. The causes and symptoms of sex-addiction are explored as well as the concerns of an addict's co-dependent partner.

**Facing Addiction** - Patrick Carnes 2011

Applies Dr. Patrick Carnes' research-based thirty-task model to treating addiction to alcohol and drugs for a lasting long-term recovery.

**The Addictive Personality** - Craig Nakken 2009-09-29

Craig Nakken brings new depth and dimension to our understanding of how an individual becomes an addict. Since its publication in 1988, *The Addictive Personality* has helped people understand the process of addiction. Now, through this second edition, author Craig Nakken brings new depth and dimension to our understanding of how an individual becomes an addict. Going beyond the definition that limits dependency to the realm of alcohol and other drugs, Nakken uncovers the common denominator of all addiction and describes how the process is progressive. Through research and practical experience, Nakken sheds new light on: Genetic factors tied to addiction; Cultural influences on addictive behavior; The progressive nature of the disease; and Steps to a successful recovery. The author examines how addictions start, how society pushes people toward addiction, and what happens inside those who become addicted. This new edition will help anyone seeking a better understanding of the addictive process and its impact on our lives.

**Treating Pornography Addiction** - Kevin B. Skinner 2005

This book carefully walks someone struggling with pornography through the steps to recovery. Dr. Skinner discusses how pornography becomes a problem in the mind and how it becomes addictive. Then he teaches the reader how to rewrite the patterns in the mind. It closes with the key steps of recovery. Included in the book is a brief assessment tool

"Assessing Pornography Addiction."

**Sex Addicts Anonymous** - SAA Fellowship 2017-05-03

The basic text of the SAA fellowship, *Sex Addicts Anonymous* explains sex addiction from the SAA perspective and demonstrates, through examples, how sex addiction worsens over time. It describes the personal powerlessness and unmanageability of sex addiction, and the damage to personal relationships, livelihood, and physical health that is often caused by addictive behavior. *Sex Addicts Anonymous* conveys a vision of hope for the addict through a recovery program based on the time-honored Twelve Steps that were initially proposed for alcoholics. A separate section of the book offers a variety of personal stories from individual members of the fellowship to illustrate the challenges and the hope of recovery.

In the Shadows of the Net - Patrick J Carnes 2009-07-30

The much-anticipated second edition of the breakthrough book about recovering from online sexual addiction. As the Internet becomes a more powerful, imposing force in our lives, indeed becoming difficult to avoid, the potential for related problems also increases. This includes troubles of a sexual nature. When accessing porn no longer requires even a trip to the store, when we can view and participate in sexual activities anonymously, when younger and younger children are being exposed to sex online, when virtual interactions take over, limiting and even destroying real-time relationships, we are in crisis. Compulsive online sexual behavior is a real and growing problem. Yet the situation is not without hope. For those who are seeing signs of significant online problems in themselves or a loved one, this updated second edition of *In the Shadows of the Net* provides answers, understanding, and tools for recovery. With the latest statistics, discussion of recent technologies and devices, and new thinking on developing a healthy relationship with the Internet and avoiding relapse, this book offers authoritative, professional advice for achieving lasting, healthy change and healing.

The Sexual Addiction - Patrick Carnes 1983

**Lust, Anger, Love** - Maureen Canning 2008-01-01

Sexual addiction is a problem that affects millions of people. Maureen Canning, LMFT, who has extensive experience treating sex addicts, explains its roots and how those afflicted can recover. This book also explains the poisonous childhood seeds that lead to public scandals like the revelations involving former congressman Mark Foley. Canning shows how compulsions are the product of early childhood abuse and how patterns, from the most violent to the most commonplace, develop. She explains that the overriding emotion sexually addicted people feel towards the partners with whom they seek intimacy is anger turned into sexuality, or "sexualized anger." This yields a false sense of security and power, an "aggressive tendency," which destroys any chance of a healthy relationship. Lust, Anger, Love offers a comprehensive and enlightening look at the origins of these little discussed behaviors and maps out a plan for recovery.

*Addictive Thinking* - Abraham J Twerski 2009-06-03

The unpredictability and anxiety associated with the coronavirus pandemic can cloud and confuse everybody's thinking. Excuses, self-deception and addictive logic can harm your recovery and relationships. Don't let it. Author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individuals and offers hope to those seeking a healthy and rewarding recovery. Abnormal thinking in addiction was originally recognized by members of Alcoholics Anonymous, who coined the term "stinking thinking." Addictive thinking often appears rational superficially, hence addicts as well as their family members are easily seduced by the attendant--and erroneous--reasoning process it can foster. In *Addictive Thinking*, author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individual. This timely revision of the original classic includes updated information and research on depression and affective disorders, the relationship between addictive thinking and relapse, and the origins of addictive thought. Ultimately, *Addictive Thinking* offers hope to those seeking a healthy and rewarding life recovery.

[A Gentle Path Through the 12 Steps and 12 Principles Bundle](#) - Patrick J

Carnes 2012-07-17

Two book bundle! Essential Twelve Step Recovery Guides from renown author, Patrick Carnes, Ph.D. Two book bundle! Essential Twelve Step Recovery Guides from renown author, Patrick Carnes, Ph.D. A Gentle Path through the Twelve Steps UPDATED and EXPANDED It was out of his reverence and respect for the wisdom and therapeutic value of the Twelve Steps that Carnes wrote *A Gentle Path through the 12 Steps*, now a recovery classic and self-help staple for anyone looking for guidance for life's hardest challenges. Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps. With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment, Carnes' new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery.

*Spouses of Sex Addicts* -

[In the Shadow of the Mountain](#) - Silvia Vasquez-Lavado 2022-02-01

"In climbing the Seven Summits, Silvia Vasquez-Lavado did nothing less than take back her own life—one brave step at a time. She will inspire untold numbers of souls with this story, for her victory is a win on behalf of all of us." —Elizabeth Gilbert *Endless ice. Thin air. The threat of dropping into nothingness thousands of feet below. This is the climb Silvia Vasquez-Lavado braves in her page-turning, pulse-raising memoir following her journey to Mount Everest. A Latina hero in the elite macho tech world of Silicon Valley, privately, she was hanging by a thread. Deep in the throes of alcoholism, hiding her sexuality from her family, and repressing the abuse she'd suffered as a child, she started climbing. Something about the brute force required for the ascent—the risk and spirit and sheer size of the mountains and death's close proximity—woke her up. She then took her biggest pain as a survivor to the biggest mountain: Everest. "The Mother of the World," as it's known in Nepal, allows few to reach her summit, but Silvia didn't go alone. She gathered a group of young female survivors and led them to base camp alongside her. It was never easy. At times hair-raising, nerve-racking, and always*

challenging, Silvia remembers the acute anxiety of leading a group of novice climbers to Everest's base, all the while coping with her own nerves of summiting. But, there were also moments of peace, joy, and healing with the strength of her fellow survivors and community propelling her forward. In the Shadow of the Mountain is a remarkable story of heroism, one which awakens in all of us a lust for adventure, an appetite for risk, and faith in our own resilience.

**Keep It Simple** - Anonymous 2009-09-29

A dependable companion for people in all stages of recovery, Keep It Simple's meditations bring you back to the basics of living a Twelve Step program. The recovery wisdom in each thought for the day works as an engaging reminder to show up for yourself, your program, and your overall wellness every day. As you go through your journey of recovery with the Steps as your guideposts, these inspirational daily meditations give your spirit a feeling of regular renewal, fellowship, and new beginnings. Each page serves as your cornerstone for a new life, helping you cultivate true health, personal growth, and transformation—in a way that complements the life-changing guidance of Alcoholics Anonymous, Narcotics Anonymous, and other programs. By providing a year's worth of encouragement, reflection, and prayer, Keep It Simple becomes the sustaining daily dose of support and strength you can always count on. Cherished by millions for decades, this recovery classic is an expansive collection of insight and guidance. Weaving together traditional teachings and diverse voices, it's your daily invitation to a practice of mindfulness, therapeutic healing, and overcoming addiction.

**Sex Addiction 101** - Robert Weiss 2015-10-27

The number of affordable, easy links to pleasurable sexual online content is on the rise. Activity increases with the accessibility of technology. So, too, has sex addiction. People struggling with sex, porn, and love addiction typically have little understanding of this incredibly complicated disease. Sex Addiction 101 covers everything from what sexual addiction is and how it can best be treated, to how it affects various subgroups of the population such as women, gays, and teenagers. The book also provides sex addicts with strategies to protect

themselves from the online sexual onslaught. Sex Addiction 101 is intended to enlighten the clinical population as well as actual sex addicts and their loved ones. Along with his mentor Patrick Carnes, Weiss has become the face of and driving force behind understanding and treating sex addiction; this book should be a core title in every addiction collection.

*Out of the Shadows* - Patrick Carnes 2001

Out of the Shadows Third Edition

[Mending a Shattered Heart](#) - Stefanie Carnes 2012-07-10

When your partner betrays, what are the first steps to picking up the pieces of your shattered heart? Many unsuspecting people wake up every day to discover their loved one, the one person whom they are supposed to trust completely, has been living a life of lies and deceit because they suffer from a disease—sex addiction. This is a disease shrouded in secrecy and shame. This is your go-to-guide for what to do when you discover your partner is a sex addict. Each chapter is based on frequently asked questions by partners such as: Should I Stay or Should I Go? Is This Going to Get Better? How Do I Set Boundaries and Keep Myself Safe? and What Should I Tell the Kids?

**Don't Call it Love** - Patrick Carnes 1991

Describes a variety of unhealthy sexual practices that resemble addictions to substances in their effects, and proposes a program for recovery

**Walking Through the Storm** - Brady C 2018-02-28

Brady C. was a professional with an Ivy League education, a husband and a father of three, and a public speaker with a national reputation. He was respected in his church and community. He was also a sex addict who engaged in casual encounters with strangers and who stored child pornography on his computer. His double life came to an end one morning in 2004, when one dozen armed FBI agents raided his house and seized his computer. His long road to recovery included seven years in federal prison, residential treatment for sex addiction, and years of participation in twelve-step programs. The support he encountered along the way made his recovery possible. Today, he recognizes that sex and

pornography can be addictions just as certainly as drugs and alcohol. In *Walking through the Storm: A Story of Recovery from Sex Addiction*, he shares his long and remarkable journey with us in a brutally honest fashion. Brady C.'s story is inspirational for both addicts and their families, as well as the judicial and mental health systems that attempt to rehabilitate them.

*Cruise Control* - Robert Weiss 2010-11-26

Robert Weiss, director of the Sexual Recovery Institute in Santa Monica, California, avoids political and moral arguments and instead focuses on the clinical approach, asking the question, "Is your sexual behavior causing problems in other areas of your life?" *Cruise Control* leads men to a better understanding of the difference between sexual compulsion and non-addictive sexual behavior within the gay experience, and it explains what resources are available for recovery. A timely and important contribution to the body of recovery literature, *Cruise Control* provides understanding, empathy and encouragement to gay men seeking healthy sexual expression.

*Sexual Anorexia* - Patrick J Carnes 2009-08-07

A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. Author Dr. Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder, sexual addiction and compulsivity, often arise from a background of childhood sexual trauma, neglect, and other forms of abuse, Carnes explores the numerous dimensions of sexual health, examining key issues which must be addressed and resolved for recovery to proceed. Utilizing extensive research and elucidating case studies, Carnes develops concrete tasks and plans for restoring nurturing and sensuality, building fulfilling relationships, exploring intimacy, and creating healthy sexuality. Woven throughout the book are stories of recovery which illustrate sexual healing principles, model new behavior,

and support motivation for change. Sexual Anorexia enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but, instead, a deeply sensual, passionate, fulfilling, and spiritual experience that all human beings are innately entitled to.

*Healing the Wounds of Sexual Addiction* - Mark Laaser 2009-05-26

Hope--real hope--for recovery is within reach. This book goes beyond cliché answers and offers meaningful, spiritual, and practical steps to healing and freedom from sexual addiction--or any addiction. With today's rampant availability of Internet pornography, sexual addiction has become a national epidemic that affects an increasing number of Christians, even pastors and priests. As devastating as any drug habit, it brings heartbreak and despair to those it entangles. But there is help for men and women caught in sexual addiction's downward spiral. This book offers a path that leads beyond compulsive thoughts and behaviors to healing and transformation. Speaking from his own experience with sexual addiction and recovery, Dr. Mark Laaser is sensitive to the shame of sexual addiction without minimizing its sinfulness. He traces the roots of the problem, discusses its patterns and impact, and maps out a biblical approach to self-control and sexual integrity. Whether you know someone with a sexual addiction or struggle yourself, *Healing the Wounds of Sexual Addiction* points the way to understanding, wholeness, and holiness. Spanish edition also available; previously titled *Faithful and True*.

**Cruise Control** - Robert Weiss, MSW 2013-02-21

*Cruise Control* is the premiere book on the growing problem of sex addiction in gay men. This second edition explores how technology has impacted the instant ability to "meet up" and the implications of being in recovery in a committed relationship. Accessible resource for achieving sex addiction recovery including a "30 day test" and a dating plan.

*No Stones* - Marnie C. Ferree 2013-07-08

In this book Marnie C. Ferree offers a unique resource for women struggling with sexual addiction. Written by a counselor who understands the condition from the inside out, *No Stones* offers practical

help for those battling sexual addiction and those who want to come alongside women as they seek help. Important for pastors and church leaders, this book will also be a much sought-after resource for Christian counselors and therapists counseling women who grapple with this type of addiction.

*Out of the Shadows* - Patrick Carnes 1994

Provides information about sexual addiction, and discusses how the Twelve Steps program can be used as a means of recovery.

**A Woman's Way through the Twelve Steps** - Stephanie S Covington 2009-06-03

Geared specifically to women, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Recovery is not a man's world, and yet to a woman it can sometimes seem that way. Geared specifically to that woman, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Based on an open exploration and a flexible interpretation of the Twelve Steps, this new perspective takes into account the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women in particular. Acknowledging that recovery raises special issues for women--from questions about sexuality, relationships, and everyday life to anxieties about speaking up at mixed-gender meetings--*A Woman's Way through the Twelve Steps* focuses directly on the feminine experience of addiction and healing. The author explores the Twelve Steps one by one, reiterating each in its traditional language, then explaining and illustrating it in a way that highlights a woman's experience--empowering the reader to take ownership of her own recovery process as well as her growth as a woman.

**Facing Heartbreak** - Stefanie Carnes 2012-10-16

The first workbook to help partners of sex addicts cope with discovering their loved one has compulsive sexual behaviors.

**Don't Call It Love** - Patrick Carnes 2013-12-18

"Dr. Patrick Carnes is a creative, pioneering, and courageous human

being. His books are changing the lives of thousands!" "I lost three marriages, all because of affairs." "I became suicidal because of multiple intense involvements." "I spent money on sex when I needed it for children's clothes." "I lost promotion opportunities and a special scholarship because my co-workers found out about my sex life." Every day they face the possibility of destruction, risking their families, fiances, jobs, dignity, and health. They come from all walks of life: ministers, physicians, therapists, politicians, executives, blue-collar workers. Most were abused as children--sexually, physically or emotionally--and saw addictive behavior in their early lives. Most grapple with other addictions as well, but their fiercest battle is with the most astounding prevalent "secret" disorder in America: sexual addiction. Here is a ground-breaking work by the nation's leading professional expert on sexual addiction, based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder. This essential volume includes not only the revealing findings of Dr. Carne's research with recovering addicts but also advice from the addicts and co-addicts themselves as they work to overcome their compulsive behavior. Positive, hopeful, and practical, *Don't Call It Love* is a landmark book that helps us better understand all addictions, their causes, and the difficult path to recovery.

**Untangling the Web** - Robert Weiss 2006

The definitive guide on internet sexual addiction and recovery.

**Betrayal Bond, Revised** - Patrick J. Carnes, PhD 2018-08-17

Some really great books just keep getting better! For seventeen years *The Betrayal Bond* has been the primary source for therapists and patients wrestling the effects of emotional pain and harm caused by exploitation from someone they trusted. Divorce, litigation, incest and child abuse, domestic violence, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. These are situations and relationships of incredible intensity or importance lend themselves more easily to an exploitation of trust or power. In *The Betrayal Bond*, Dr. Carnes presents an in-depth study of these relationships; why they form, who is most susceptible, and how they become so powerful. Dr. Carnes

also gives a clear explanation of the bond that compels people to tolerate the intolerable, and for the first time, maps out the brain connection that makes being with hurtful people comparable to 'a drug of choice.' Most importantly, Carnes provides practical steps to identify compulsive attachment patterns and ultimately to change or end them for good. This new edition includes: New science for understanding how our brains can make a prison of bad relationships New assessments and insights based on 50,000 research participants A new section utilizing the latest findings in attachment research and narrative therapy to concretely rewrite and rescript bad experiences A redefinition of the factors contributing to addictive relationships

**Sex Addiction: The Partner's Perspective** - Paula Hall 2015-08-20

Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. Sex Addiction: The Partner's Perspective has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, Understanding and Treating Sex Addiction, it includes case examples and survey results revealing the reality of life for partners of sex addicts. Sex Addiction: The Partner's Perspective is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives -

whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will this book be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

**Clinical Management of Sex Addiction** - Patrick J. Carnes 2019-11-28

Clinical Management of Sex Addiction's newest edition updates many of the original chapters from 28 leaders in the field with new findings and treatment methods in the field of sex addiction. With a growing awareness of sex addiction as a problem, plus the advent of cybersex compulsion, professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation. This is the first book distilling the experience of the leaders in this emerging field. It additionally provides new chapters on emerging areas of interest, including partner counseling, trauma and sexual addiction, and adolescent sex addiction. With a focus on special populations, the book creates a current and coherent reference for the therapist who faces quickly escalating new constellations of addictive sexual behavior. Readable, concise and filled with useful interventions, it is a key text for professionals new to the field and a classic reference for all clinicians who treat sex addiction.

**Answers in the Heart** - Anonymous 2011-02-17

Daily reflections for those searching for lasting recovery from sex addiction. The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing, hope, and personal growth anyone addicted to sex needs to embrace recovery. Part of the Hazelden Meditation series, each thought of the day inspires the strength, courage, and mindfulness readers need to overcome patterns of sexual compulsion. Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior, this book will become the touchstone to your transformation.

**A Gentle Path Through the Twelve Steps** - Patrick Carnes 2012-04-13

A Gentle Path through the Twelve Steps Updated and Expanded

Facing the Shadow - Patrick Carnes 2015-03-31

The groundbreaking book introducing Dr. Patrick Carnes' thirty-task model for treating sexual addiction is now UPDATED and REVISED.

Contrary to Love - Patrick J Carnes 2009-09-29

This resource identifies the stages and progression of sex addiction, including assessment, intervention, and treatment methods. This resource identifies the stages and progression of sex addiction, including assessment, intervention, and treatment methods. It also covers family structure, bonding, boundaries, and recovery topics.

**Power Over Pornography** - Brian Brandenburg 2015-10-02

Jason, like many people, is an addict. His addiction doesn't center on any drug or alcohol. He's a pornography and masturbation addict, and the insidious nature of his addiction erodes his self-worth, his relationships, and his career. Jason meets David at a twelve-step meeting, where David offers him a new approach to treating pornography addiction. Through a series of meetings, David guides Jason as he successfully overcomes his addiction, a process supported by glimpses into Jason's family and how his relationships improve as pornography loses its hold on his life. Jason's story is fictional. The treatment plan he follows is very real. Designed by author and pornography addiction treatment expert Brian Brandenburg, the strategies found in Power over Pornography are praised by those who, having taken part in Brandenburg's program, now pursue lives free

of pornographic viewing. Brandenburg's innovative treatment plan comes at a crucial moment in the fight against pornography and masturbation addiction. A generation of Internet-savvy children has grown up with access to pornography, quite literally, at their keyboard-typing fingertips. The images and videos they view online are far more graphic than their parents can imagine. Now the children of this generation have become young adults, with many addicted to the instant gratification of pornography. Like Jason, most pornography and masturbation addicts are male, but women are also afflicted. Maintaining normal, healthy relationships becomes almost impossible while in the grip of pornography. Anxiety and guilt over your actions worsen into clinical depression and self-loathing. Work productivity suffers, and an addict with on-the-job access to the Internet is always a few mouse clicks away from job termination and scandal. Jason and others in his situation are discovering traditional twelve-step programs don't address key aspects of pornography and masturbation addiction. Brandenburg's radical treatment takes a new, often counterintuitive approach to overcoming pornography addiction. His advice sometimes contradicts traditional strategies, but his system works. A comprehensive, easy-to-understand approach to pornography addiction treatment, Power over Pornography appeals to all readers. You can overcome your addiction. Let Brian Brandenburg and Jason be your guides.