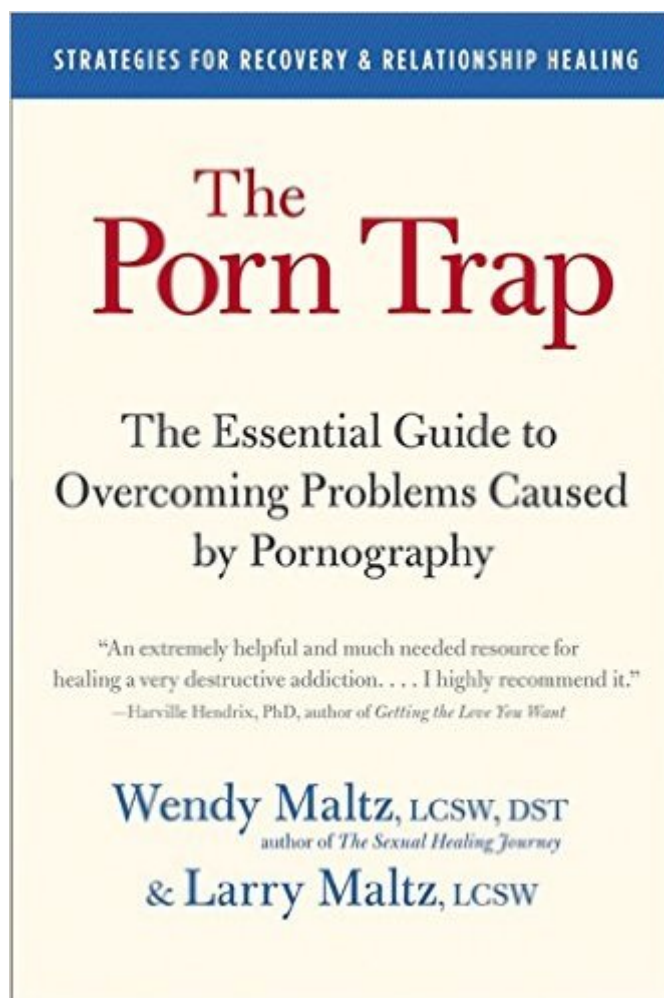


The book was found

The Porn Trap: The Essential Guide To Overcoming Problems Caused By Pornography



Synopsis

Breaking the silence, removing the shame In this highly acclaimed recovery guide, renowned sex and relationship therapists Wendy and Larry Maltz shed new light on the compelling nature and destructive power of today's instantly available pornography. Weaving together poignant real-life stories with innovative exercises, checklists, and expert advice, this groundbreaking resource provides a comprehensive program for understanding and healing porn addiction and other serious consequences of porn use. The Porn Trap will help you to: Decide whether it's time to quit using porn Learn how to stop using porn and deal with cravings Improve self-esteem and personal integrity Heal an intimate relationship harmed by porn use Develop a healthy sex life

Book Information

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Customer Reviews

As someone who knows the ravages porn addiction can inflict on a person's life, and on the lives of others, I'm SO GRATEFUL this book has come along. At last there's a clear, compassionate, open-minded guide for people who identify themselves as having a porn problem, and for their intimate partners and families. Step by step, this book helps you evaluate your own situation, understand how you or someone you love got into porn, and see your way clear to making changes if and when you're ready. There are questionnaires throughout to help you relate your own particular situation to what's being discussed. I liked the book's everyday language and clear organization. It maps everything out for you and gives you a plan of action with many alternatives. That's very comforting when you're in distress and things are falling apart or could at any minute. The authors

interviewed real people as the basis for their research. These stories, often in the people's own words, helped me feel less alone. They ring true, and cover a wide range of situations and personalities. Both men and women can relate to this book, and so can people of any religion or those with a secular perspective. I found the chapters on Partners in Pain and Healing as a Couple especially helpful. I think the authors really understand the dynamics of intimate relationships. They walk you through a multi-step approach for addressing these painful challenges. You realize you have a shot at healing your relationship. And I was glad to find chapters on preventing relapses and approaching sex in new ways, again with very specific suggestions. I never got the impression that the authors were anti-sex or against all forms of erotica, and they certainly weren't shaming or blaming.

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