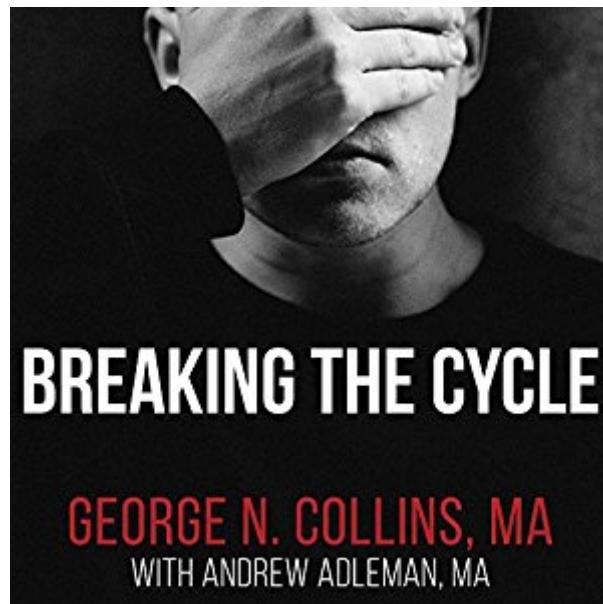


The book was found

Breaking The Cycle: Free Yourself From Sex Addiction, Porn Obsession, And Shame



Synopsis

Anyone who has struggled with sex addiction knows that living with constant sexual compulsions can be extremely difficult. But summoning the courage to find help for this condition can be even more of a challenge. If addictions to pornography, strip clubs, massage parlors, prostitutes, phone sex, or chat rooms have made you feel trapped, this book can help you find a way to break free. Written by a former sex addict who specializes in counseling people who suffer from sexually compulsive behavior, *Breaking the Cycle* presents a step-by-step plan to enjoying a life of productivity and purpose. You can free yourself from the powerful, compulsive urges that may have damaged your career, finances, or relationships with friends and family. The exercises in this book will show you how to regain control of your life and build meaningful intimate connections with others.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 22 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

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Language: English

ASIN: B017MR418K

Best Sellers Rank: #9 in Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual
#83 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #226
in Books > Audible Audiobooks > Health, Mind & Body > Psychology

Customer Reviews

I'm 25, and I've struggled with an addiction to pornography for half of my life. I have read this book, and as of writing, I haven't looked at a single pornographic image in over six weeks. I haven't gone to professional counseling, I haven't joined a support group-- I've only read the book. For some of you, this may be the only testimony you need to hear before you make your decision. For the rest, I'll say a bit more. The author, George Collins, gets right to it. He doesn't waste time with theory or dreamy success stories. He'll begin working in you right away. Collins employs techniques he has seen work in the lives of his clients-- but as a former sex addict who has experienced full recovery, he first used them on himself. He has a keen knowledge of what works and what doesn't. Each

chapter ends with a practical exercise. These exercises are easy to do, and they are very effective. They don't require another person. You simply read about it, put the book down, and do it. You can practice them each day and any time you feel triggered. While the exercises are not complex, breaking free from addiction, sexual or otherwise, is difficult. This book requires your full participation to be effective. If you're willing, Collins is there to walk you through it. And he does so with a direct approach. He'll check your ego at the door. He's frank and honest. And that's exactly what you need. He's there to do his job, which is to tell you what your problem is. And once you know what's wrong, the healing begins. Finally, I would like to encourage the Christian men considering this book. Although this resource will not point you to the Lord, it can be used to ensure Christ remains the very foundation of your recovery.

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