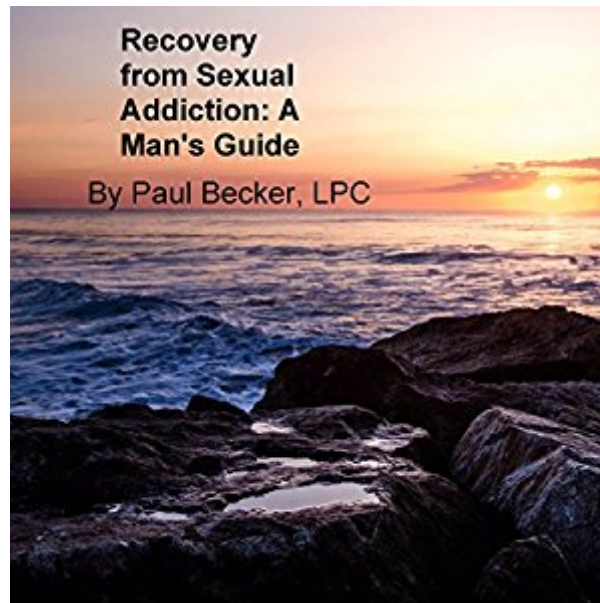


The book was found

Recovery From Sexual Addiction: A Man's Guide



Synopsis

Unwanted sexual behavior and addiction have become rampant in today's society, largely through the availability of Internet pornography. For example, Family Safe Media reports that 40 million men regularly visit Internet pornography sites. It is so insidious that when a man looks to his left and then to his right, he will likely encounter a man for whom pornography is a major problem in his home. Paul Becker now offers two books that take men through a structured educational process to identify the characteristics of sexual addiction, why and how addictive behavior took hold of their lives, challenges to ending addictive behavior, and the roles of anger, anxiety, codependency, and depressed mood in addiction. Recovery from sexual addiction is the theme of the second half of the book. Here, men are introduced to hope, ways of changing the addiction dance by coming out of isolation and depressed mood, and how a healthy lifestyle and spirituality accompany the path to sexual sobriety.

Book Information

Audible Audio Edition

Listening Length: 8 hours 3 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: sexaddictionhelpbooks

Audible.com Release Date: January 28, 2016

Language: English

ASIN: B01B5B6Z06

Best Sellers Rank: #79 in Books > Audible Audiobooks > Health, Mind & Body > Sexuality
#835 in Books > Health, Fitness & Dieting > Sexual Health > General #1752 in Books > Self-Help > Sex

Customer Reviews

Great book, helped me understand so much and start the process to healing.

I found this book to be very helpful in understanding why I have an addiction. It also gave me tools to use that aid in the recovery from this addiction.

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Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any

Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Recovery from Sexual Addiction: A Man's Guide Sex Addiction 101: The Workbook, 24 Proven Exercises to Guide Sex Addiction Recovery Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Sex Addiction Cure: How To Overcome Porn Addiction and Sexual Compulsion Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse (Instant Help Books for Teens) Don't Call It Love: Recovery From Sexual Addiction The Red Pill: Man-Woman Sex life (red pill,rational man,redpill,sex drugs,sexual health,sexuality,sexual medicine,medical help) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet)

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