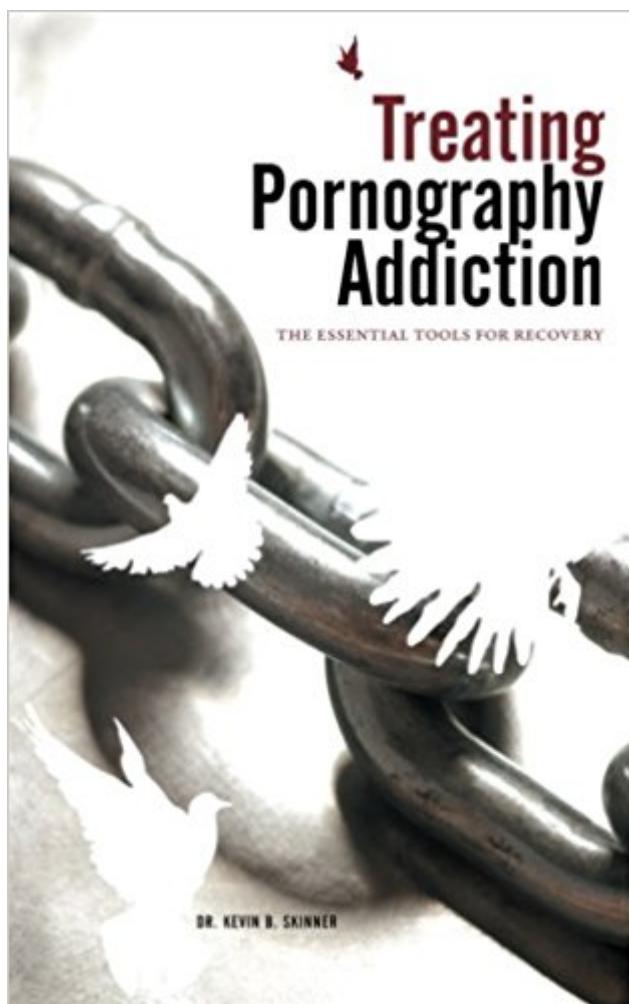


The book was found

# Treating Pornography Addiction: The Essential Tools For Recovery



## **Synopsis**

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."

## **Book Information**

Paperback: 176 pages

Publisher: GrowthClimate (September 1, 2005)

Language: English

ISBN-10: 097722080X

ISBN-13: 978-0977220809

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 66 customer reviews

Best Sellers Rank: #51,737 in Books (See Top 100 in Books) #17 in Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #181 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #5162 in Books > Self-Help

## **Customer Reviews**

My hope is back. I feel like a new person. You have laid the foundation for my change. --Thomas--in recovery

This product has been reviewed by many religious leaders and has been a key to introducing steps to help individuals struggling with pornography. The CD for a spouse has brought much comfort to women who feel betrayed. The parents guide CD is a great starting point for parents who want to help their teen caught in pornography. This package includes 5 hours of great content to help the entire family. --This text refers to an alternate Paperback edition.

My husband and I read a lot of this together as we are working as a team to help him. I am going through school as an addictions counselor and I think that this is by far the best book I've seen besides those provided by my Church, the LDS faith, such as He Restoreth My Soul, by Donald L. Hilton Jr. MD and the manual for the 12 step program. Pornography is a problem that has become very prevalent in all of society and no one is excluded. I have heard a statistic that states 80 % have

been exposed to pornography in one way or another (though I bet it's higher) and 60% are currently involved in some level of addiction. Some people want help and some don't think it's a problem, but as a wife and victim I understand the pain and sense of betrayal. But because of my education I also understand that there is literally a high-jacking of the brain that takes over just like any drug. This book gives a very clear explanation of the specific levels or degrees of involvement and severity of addiction which helped my husband give me a clear picture of where he was now and where he had been without giving me the grisly details I wasn't comfortable hearing. Once we discovered his triggers he has been more confidant with his ability to prevent more relapses. Excellent tool for process and understanding what the severity level is and where to go from there. Step by step recovery procedures.

I was inadvertently sent the audio book instead of the paperback book which I ordered and so I was not able to have on hand the questions and/or exercises at the end of each chapter. Still, it was my choice to keep what was sent and I did get a lot out of the reading. However, the reason I did not give this 5 stars is because there were several helps or suggestions that went on the assumption that we all had someone living with us. For that reason some things such as, "don't go on the computer when you're home alone" did not help. That is , perhaps, knit picking so I will say that this was a very helpful book and I have put into practice things I had never considered before. Bear in mind, however, no one gets rid of anything in their life unless they really want to. This is not a magic cure but it is one good book for those who really want to make a change.

Excellent presentation of causes of pornography addiction and a self-assessment process to follow. Liked the very specific personal questions asked as well as positive steps to take for addressing one's own issues. The author knows what he is talking about and for anyone impacted by pornography, a recommended reading

I have been in a 12 step program for sexual recovery for years and this book put things in a new way that was very helpful. Rather than just depending on a vague higher power there are very concrete tools and processes to use in this book. The author certainly understands pornography addiction thoroughly (unlike most therapists) and talks about it in a way that any pornography addict can relate to. A definite addition to a toolkit to deal with this horrible addiction

Very useful information. In my opinion, excellent introduction to this expanding disorder. Questions

to be asked and a complete assessment package add to the value. Recommend it for professionals and for self-help.

I'm a treating psychologist and have found this book very, very helping for folks struggling with a porn addiction.

This should be required reading for anyone dealing with porn. The "tools" are straightforward and not hard to use. The addiction problem can be dealt with with some help and this book offers that help.

Best book out there. Easy to read and understand. Helps therapists have clients understand the depth of the problem. Also great for an individual seeking knowledge.

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