



Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame

George Collins, Andrew Adleman

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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.

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Often the book Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame has a lot details on it. So when you check out this book you can get a lot of advantage. The book was written by the very famous author. This articles author makes some research prior to write this book. That book very easy to read you can find the point easily after perusing this book.

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Why? Because this Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will shock you with the secret that inside. Reading this book next to it was fantastic author who all write the book in such awesome way makes the content on the inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of advantages than the other book include such as help improving your proficiency and your critical thinking technique. So , still want to postpone having that book? If I were being you I will go to the reserve store hurriedly.

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