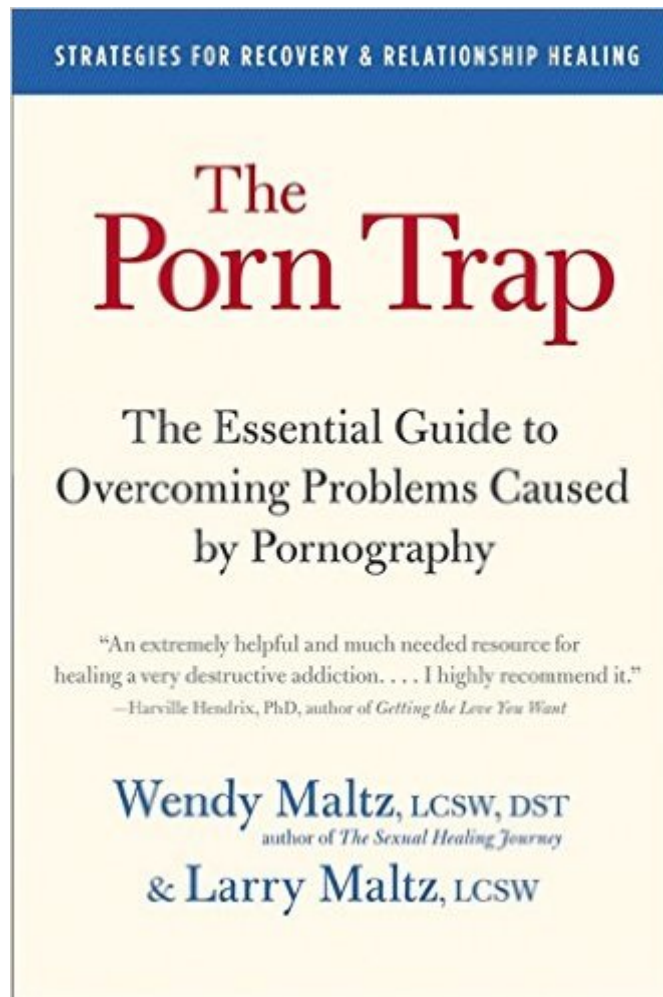


The book was found

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



Synopsis

Breaking the silence, removing the shameIn 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 integrityHeal an intimate relationship harmed by porn useDevelop a healthy sex life

Book Information

Paperback: 304 pages

Publisher: William Morrow Paperbacks; 1 Reprint edition (January 1, 2010)

Language: English

ISBN-10: 0061231878

ISBN-13: 978-0061231872

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (65 customer reviews)

Best Sellers Rank: #162,698 in Books (See Top 100 in Books) #36 in Books > Politics & Social Sciences > Social Sciences > Pornography #71 in Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #441 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality

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.

[Download to continue reading...](#)

The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction Coming Out Like a Porn Star: Essays on Pornography, Protection, and Privacy No More Porn - The One Minute Way to Break Your Addiction to Porn, From the Perfect Privacy of Your Mind, Without Telling Anyone Your Business! The Porn Antidote: Attachment: God's secret weapon for crushing porn's grip, and creating the life and marriage you dream of. Medical Entomology: A Textbook on Public Health and Veterinary Problems Caused by Arthropods Overcoming Problem Gambling - A guide for problem and compulsive gamblers (Overcoming Common Problems) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) How to Cure Erectile Dysfunction: Overcoming Erection Problems through Diet, Exercises, and Natural Remedies (Men's Health, Impotence, Sexual Health, Natural Cures, Sexual Problems, ED) Treating Pornography Addiction: The Essential Tools for Recovery Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Why Your Child Is Hyperactive: The bestselling book on how ADHD is caused by artificial food flavors and colors Nasser's Gamble: How Intervention in Yemen Caused the Six-Day War and the Decline of Egyptian Power WELLBUTRIN (Bupropion): Treats Depression and Aids in Quitting Smoking; also Prevents Depression caused by Seasonal Affective Disorder (SAD) The Caffeine

Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Windows 10 Troubleshooting: Windows 10 Manuals, Display Problems, Sound Problems, Drivers and Software: Windows 10 Troubleshooting: How to Fix Common Problems ... Tips and Tricks, Optimize Windows 10) Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1)

[Dmca](#)