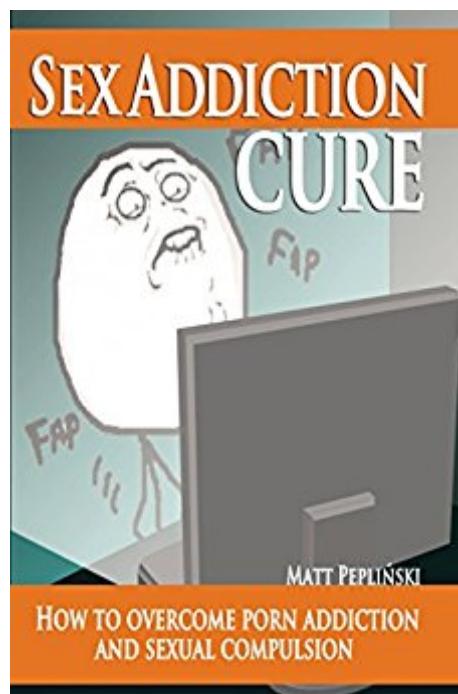


The book was found

Sex Addiction Cure: How To Overcome Porn Addiction And Sexual Compulsion



Synopsis

In this book you'll find a step by step recovery plan that will help you manage your porn addiction and your sex addiction. It's based on Acceptance and Commitment Therapy which has been scientifically proven to help with addictions. So if you want to quit porn and heal your sexual compulsions, I encourage you to give this book a chance. In this book you'll learn:- Mindfulness skills and other tools that will allow you to control your addictive urges- How to take away the power from your addictive thoughts and urges- How to recover your sexuality-How to develop an intimate relationship with your partner-The neuroscience behind porn addiction. -You will learn everything you need to beat the fastest growing addiction in the world-You will also master self-compassion and self-forgiveness, which allow you to let go of any unhealthy guilt associated with your sex addiction- You'll learn how to effectively block porn on your computer- You'll learn how to manage pornographic thoughts.

Book Information

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Customer Reviews

Although sex is considered a natural part of life, as is the case with anything else, when it's taken to an extreme, it can produce negative consequences. Sex addiction treatment program

options are available, but it's important to understand what's involved in this addiction and how it develops. While psychologists have struggled to arrive at a precise definition for sex addiction, it's largely believed to include an inability to control or manage one's sexual behavior. In this book, we can find a step by step recovery plan that will help anyone manage their porn addiction and sex addiction. And also the author has given Mindfulness skills and other tools that will allow controlling addictive urges. Great helpful book with useful information.

Although sex is considered a natural part of life, as is the case with anything else, when it's taken to an extreme, it can produce negative consequences. Sex addiction treatment program options are available, but it's important to understand what's involved in this addiction and how it develops. This book opens the eye of the readers. I've learned that An individual who's suffering from sexual addiction might also have made multiple attempts to control their behavior without success. Sex addicts might also spend an extensive amount of time attempting to obtain sex. This behavior can interfere with work, recreational and social activities. In some instances, the person might experience sexual rage disorder and become anxious, distressed or violent if they aren't able to engage in sexual activity. It should be taken care of before its too late.

A well written self-help book for those on porn addiction. There is great information in such a short read to help those overcoming such problem. The author researched this topic very well with backed up scientific evidence why too much porn is bad. The book provides you with an excellent overview of how to tell if you are addicted to pornography and sound strategies to help you overcome that addiction. This book is a short read, but the long-term benefits are real and well worth the time it takes to read and think about the book.

I think you have already understand or got a self believe about the bad effect of porn addiction and finding a way to get relief from that addiction. this book will give you extra push up to gain more negative effects of porn and that will surely help you to keep up your good work to stay away of porn. The author write this book based on self awareness and self promise as you are the who have to take the action. But you will get a scientific prove that it works. My wish is with you so do i need your good luck wish too.

I got this book for my friend and according to him, the way he feels now improved a lot. He managed to focus on his studies and started to go out much more with his friends, became more social in general. I recommend this book

I got this book for a close friend of mine and it definitively helps, sex addiction can cause you a lot of problems down the road, but luckily my friend is doing better now.

This book is full of useful information and tips teaching you how to recover from being sexual addicted to free your life. I'm sure this guide will help everyone who is dealing in kind of sickness. It is filled with great insights on how to avoid porn temptation written in a clear, solid, straightforward way. I enjoy reading and learning from this book. I will definitely recommend this to my fellow friends and relatives.

This book really deserves a 5 star rating. I've had my own journey overcoming porn addiction that took me many years and I only wish that I had this book back then. The book starts out with information about addiction and a very good story about the authors journey. Then it ends with great strategies to overcome the addiction. Just an amazing resource!

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