

Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

Breaking the Cycle George Collins 2011-10-01 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.

He Restoresh My Soul Donald L. Hilton (Jr.) 2010-05-01 Technology has accelerated our fascination with pleasure. Indeed, the power of pleasure has been underestimated, and Internet pornography is changing the world in a fundamental way. In this book, author Donald L. Hilton Jr., MD explores the destructive power of pornography addiction, not just from a moral and spiritual perspective, but with the scrutiny of modern science. Current research tells us that there is little difference in physical or chemical changes in the pleasure and control centers of the brain regardless of whether the addiction is "from a chemical or an experience," as stated in the journal *Science*. (Constance Holden, "Behavioral Addictions: Do They Exist? *Science*, 294 (5544) 2 November 2001, 980.) Relying on the latest research on addiction, and merging this knowledge with spiritual aspects of repentance and recovery, the author provides understanding and hope to those who seek healing and restoration of both body and spirit, which are the "soul of man."

Be Healed Bob Schuchts 2014-04-07 "Somewhere deep inside each one of us is a burning desire to finally become the person God created us to be." Do you suffer from spiritual or emotional wounds that are keeping you from reaching that goal? The bestselling book *Be Healed* is based on retired Catholic therapist Bob Schuchts's popular program for spiritual, emotional, and physical healing. Incorporating elements of charismatic spirituality and steeped in scripture and the wisdom of the Church, this book offers hope in the healing power of God through the Holy Spirit and the sacraments. Schuchts, founder of the John Paul II Healing Center, sensitively shares his own journey of healing after enduring a series of betrayals in high school—his father's infidelity, his parents' divorce, his older brother's drug addiction—and his subsequent periods of struggle with God and faith. *Be Healed* includes helpful tools such as charts, tables, lists, reflection questions, and personal challenges to guide you on your journey of healing. Schuchts's trusted process for finding inner peace and healing is boldly Christ-centered, maintaining focus on the person of Jesus as "the life-giving and ever-present physician of our souls." Schuchts will help you recognize your brokenness and find your hope and healing in the risen Christ.

Why Can't Church Be More Like an AA Meeting? Stephen R. Haynes 2021-10-26 Do Christians need recovery? Or is recovery something needed by the church itself? Addiction—whether to a substance or to a behavior—is a problem within faith communities, just like it is everywhere else. But because churches are rarely experienced as safe places for dealing with addiction, co-addiction, or the legacy of family dysfunction, Christians tend to seek recovery from these conditions in Twelve-Step fellowships. Once they become accustomed to the ethos of vulnerability, acceptance, and healing that these fellowships provide, however, they are often left feeling that the church has failed them, with many asking: why can't church be more like an AA meeting? Inspired by his own quest to find in church the sort of mutual support and healing he discovered in Twelve-Step fellowships, Stephen Haynes explores the history of Alcoholics Anonymous and its relationship to American Christianity. He shows that, while AA eventually separated from the Christian parachurch movement out of which

it emerged, it retained aspects of Christian experience that the church itself has largely lost: comfort with brokenness and vulnerability, an emphasis on honesty and transparency, and suspicion toward claims to piety and respectability. Haynes encourages Christians to reclaim these distinctive elements of the Twelve-Step movement in the process of "recovering church." He argues that this process must begin with he calls "Step 0," which, as he knows from personal experience, can be the hardest step: the admission that, despite appearances, we are not fine.

Confessions of a Good Christian Girl Tammy Maltby 2008-01-01 You already know the women you'll meet in this book. They may sit beside you in the pew . . . or join you at small group . . . or touch your heart from a speaker's podium. They have all been saved. They all love the Lord. And yet . . . One struggles with suicidal despair Another is involved with adultery, pornography, or a same-sex attraction Another endures regular beatings - or worse - by someone who claims to love her Another is divorced . . . or thinking about it This one drinks secretly or "doctor shops" for pain pills That one wrestles with depression or bipolar disorder And many others feel they can never be thin enough, beautiful enough, successful enough . . . or Christian enough to be loved or accepted They're all good Christian girls who have been broken by sin - their own and others. They all needed the honest, life-giving truth at the heart of this book. Do you? Tammy Maltby addresses issues that aren't discussed much in church circles - private sins that she and other women have battled.

Clean Hands, Pure Heart Philip A. Harrison 2004 The author relates his journey out of addiction to pornography into recovery and freedom. He explains: Like Paul and Alma the Younger, who also spent a portion of their life in serious darkness and were delivered from it by Christ Himself, I am willing to allow my life to be an example of someone the Lord has rescued from the darkest abyss. Using the scriptures and teachings of Church leaders, Phil leads us through the process of coming unto Christ and having our burdens lifted. For those who have struggled with sexual addiction or any other overwhelming challenge, as well as for those who care about them, this book offers welcome help, guidance and hope.

The Unauthorized Guide to Sex and Church Carmen Renee Berry 2005-08-21 Is it possible to be a Christian and a sexual being? At times it seems like the Church pits sexuality and spirituality against one another. Yet the cost in creating such a dichotomy has resulted in harmful implications on spiritual growth, sexual intimacy, and moral credibility. The Unauthorized Guide to Sex and the Church traces sexual attitudes and practices in Hebrew culture as presented in the Old Testament through the current issues that confront the church today. It addresses questions such as "How has the church become so notorious for sex scandals amongst its leadership?" "Why is the church unable to present a united front on sexual issues such as marriage/divorce, premarital sex, homosexuality, and abortion?" and "How can I make wise and informed choices about these important issues in light of my beliefs?" Blending historical facts with practical wisdom, this lively exploration looks at how Christian views of sex have developed and changed based on doctrinal, cultural, medical, scriptural, and psychological understandings.

A Christian Woman's Guide to Breaking Free from Pornography Shelley Hitz 2012-09-01 This book is a resource created in response to numerous pleas for help from young girls and women alike regarding their struggle with sexual addictions. Although it is one of the largest issues facing today's Church, pornography addiction is also one of the largest secrets in the Church, especially among women. We aim to open the door to confession and conversation among women in the Body of Christ who feel as though they are alone in this struggle. Within its chapters you will find... * Relevant statistics that demonstrate the influence of pornography in modern media * Encouraging testimonies from women who have overcome their addiction by the unfailing grace and mighty power of Christ * And various strategies for resisting temptation in order to break free from pornography. Overcoming sexual addiction is not an overnight process, but one that requires a commitment to die to selfish desires each and every day, and take on the nature and purity of Christ. If you take the information presented in this book to heart, you will find yourself well equipped for the journey.

Shattered Vows Debra Laaser 2009-05-26 For any woman dealing with the fallout of infidelity, this sensitive and practical guide offers proven tools to help you make wise and empowering decisions as

you deal with your husband's sexual betrayal. If you have been devastated by your husband's sexual betrayal--whether an isolated incident or a long-term pattern of addiction--you don't have to live as a victim. If you choose to stay in your marriage, you have options other than punishing, tolerating, or ignoring your spouse; in fact, extraordinary growth awaits a woman willing to deal with the pain of her husband's struggles with sexual purity. Even if your spouse will not participate in a program for healing, you can change your own life in powerful and permanent ways. *Shattered Vows* is inspired by Debra Laaser's own journey through betrayal, her extensive work with hundreds of hurting women as a licensed marriage and family therapist, and her healed marriage after her husband's infidelity. In this book, she gives you the emotional tools to develop greater intimacy in your life, spiritual tools to transform your suffering, and meaningful answers to the questions that arise amid the complex fallout of broken vows: What am I supposed to do now? Why should I get help when this is his problem? How could this have happened? Where can I hide my heart? When will I stop feeling so out of control? What do you mean, "do I want to get well?" How can I ever trust him again? Is forgiving him really possible? How can we rebuild our relationship? The pain endured from sexual betrayal can break your heart, but it does not need to break your life.

Pure Desire Ted Roberts 2008-04-01 There is a battle going on with millions of victims trapped in the struggle and no apparent way out. Church leaders and pastors are often called in to help, but these leaders don't exactly know what to do. *Pure Desire* is the answer to this desperate cry for help from men and women who have tried to build sexual holiness in their lives and failed...and failed...and failed. This book is also for the shattered souls of mates who are puzzled, shamed and wounded by their husband's or wife's sexual bondage and secret life. And, this book is for the Church to come alongside those who have come to them for help. Here is hope for establishing healthy personal boundaries. It will give the soul in Christ an anchor amid rough waters and a new appreciation for Christ's healing power and presence. The time is now to begin walking in victory and helping others to do the same.

From Heartache to Healing Colleen C. Harrison 2010-08 Fortunately, help for those with sexual addiction in the LDS community is becoming available in the form of recovery support groups and materials written from an LDS perspective. On the other hand, help for their loved ones has been slower in coming forth. With compassion and understanding, Colleen and Phil Harrison share the principles and insights that helped them find the Savior's grace and guidance to face and survive the heartache of sexual addiction. Colleen shares inspiring wisdom from a wife's perspective; Phil's testimony, as a man who has been clean from sexual addiction for over ten years, will bless you as well. Their combined testimony is that you can also find peace and healing through the Savior's offer of atonement.

Breaking Free Russell Willingham 2010-08-28 Our world is awash in sex. We are bombarded with it everywhere we turn--TV, newspapers and magazines, music, movies and the Internet. When this ever-present temptation mixes with human weaknesses and unmet needs, many get pulled into addiction to sexually sinful behavior. They may detest their own habits, but they can't seem to break free. Is there any hope? Russell Willingham speaks from his own experience and that of the many he has counseled. His answer? "Yes! There is hope. Jesus offers forgiveness and healing." True stories show how the principles in this book can be put into action. The essentials are spelled out in practical steps that can help people begin to break free. Willingham deals with such issues as what all addicts have in common the hunt of the malnourished heart where to find the courage to face the dark side wrestling with shame and grace the healing effect of radical honesty This realistic yet hopeful book offers a new way to see the world for every person who wants to understand and break free from sexual addiction.

Integrity Restored: Helping Catholic Families Win the Battle Against Pornography (Revised and Expanded Edition) Peter C Kleponis, Ph.D. 2019-11-01 Alarming numbers of men, women, and teens struggle with frequent or habitual pornography use today. Among them are many faithful Catholics desperate for hope and healing. In *Integrity Restored: Helping Catholic Families Win the Battle Against Pornography*, clinical therapist Dr. Peter Kleponis equips readers to embark on a path

of recovery. Drawing heavily from Catholic teaching on human sexuality, Kleponis provides resources and insight for parents, educators, pastors, and all struggling to overcome an addiction to pornography. In this newly updated edition, Kleponis looks at new technologies, apps, and services that pose the biggest threat to Catholics today.

Gaining Freedom from Sex Addictions Matthew Robert Payne 2017-08-28 Are you addicted to pornography or to the services of prostitutes? When you are caught in addiction, you face a sad, lonely, and difficult journey. The path to freedom is not always clear, and you might struggle to find people who can help you. In this transparent book, Matthew shares his heart after overcoming his addiction of thirty-six years to pornography and his addiction of twenty-five years to prostitutes. You will appreciate his vulnerability and insight as he helps you in your own journey to freedom. In this book, you will learn the importance of: Correct theology Your identity in Christ The importance of repentance The need for inner healing and deliverance and A strong understanding of God's grace. While this book is not an exhaustive treatment of the subject and while Matthew is not a medical professional, he relates stories from his own experiences. Most importantly, Matthew shares the power of Jesus to win the ultimate victory over the battle with pornography.

The Biology of Sin Matthew S. Stanford 2012-01-04 There are heated discussions happening on the conflict between science and faith. This disagreement tends to focus around three main issues, one of them being what causes our sinful behavior. The intense conflict has to do with biblically defined sinful behaviors and if there just might be a biological predisposition for these behaviors. *The Biology of Sin* speaks to this debate and hopefully brings some resolution to the conflict. As both a Christian and a neuroscientist, Dr. Stanford has seen scientific knowledge distorted to justify sinful behavior and perhaps more disturbingly, he has seen Christians misuse Scripture to demonize and alienate the very ones they should be reaching out to. He suggests that the underlying cause of this problem in the church is a lack of knowledge, both of basic brain function and scriptural teaching. *The Biology of Sin* discusses sinful behaviors, including adultery, rage, addiction, and homosexuality, asking of each: What does science say, and what does the Bible say about this behavior? He then attempts to reconcile the fact that biological predispositions do play a role in behavior which the Bible defines as sinful while always emphasizing the authority of God's Holy Word and the abundant grace he has for those struggling with habitual sin.

The Quick-Reference Guide to Sexuality & Relationship Counseling Tim Clinton 2010-04 This A-Z guide assists people--helpers--pastors, professional counselors, youth workers, and everyday believers--to easily access a full array of information to aid them in (formal and informal) counseling situations.

Surfing for God Michael John Cusick 2012 Uses personal examples, illustrations from Scripture, and twenty years of counseling experience to explain how porn struggles begin, what to do to prevent them, and how to overcome them once compulsive behavior presents itself.

Relational Mask Russell Willingham 2009-11 The Avoider. The Deflector. The Self-Blamer. The Aggressor. Recognize someone you know? Or yourself? Counselor Russell Willingham identifies the relational masks that obstruct us from relating freely to other people and to God. Drawing on a wealth of practical experience and biblical insight, he diagnoses the destructive ways that we respond to others and shows how underlying false beliefs govern our thinking and actions. He also shows how each mask can be subverted from within and turned inside out to help us move toward healthy relationships. Each chapter includes tools and questions for discussion and application. Discover how to relate to others with the honesty and authenticity God intended - and find the relational freedom and satisfaction you've been yearning for.

The Quick-Reference Guide to Counseling Women Dr. Tim Clinton 2011-09 Women have unique needs and unique problems that require understanding, empathy, and direction from their pastors and counselors. For anyone who is called to counsel women, *The Quick-Reference Guide to Counseling Women* will be a welcome guide to bring hope, life, and freedom to women in need. This A-Z guide gives pastors, professional counselors, and lay helpers the information they need to help female church members, clients, and friends work through their spiritual and emotional issues. The

many topics addressed include: healthy relationships conflict and stress sexuality, pregnancy, and infertility emotional and physical abuse roles of women Each of the forty topics covered follows a helpful eight-part outline and identifies typical symptoms and patterns, definitions and key thoughts, questions to ask, directions for the conversation, action steps, biblical insights, prayer starters, and recommended resources. "The most comprehensive, cutting-edge resource to date on addressing the real issues women face."--Stormie Omartian, author of the bestselling *The Power of Praying®* books "I'm so grateful for this resource. The Quick-Reference Guide to Counseling Women will assist you in working with women on their healing journey."--Jennifer Rothschild, Jennifer Rothschild Ministries "Whether you work in women's ministry, lay counseling, or professional counseling, you'll want to have this book on hand. It will become one of your most often-used resources."--Carol Kent, speaker and author of *Between a Rock and a Grace Place* Tim Clinton (EdD, The College of William and Mary) is president of the American Association of Christian Counselors (AACC), executive director of the Center for Counseling and Family Studies, professor of counseling and pastoral care at Liberty University and Liberty Baptist Theological Seminary, and a licensed professional counselor. Diane Langberg (PhD, Temple University) is a practicing psychologist whose clinical expertise includes thirty-five years of working with trauma survivors and clergy. She is the director of Diane Langberg, Ph.D. & Associates, a group practice in suburban Philadelphia, and an adjunct professor of practical theology at Westminster Theological Seminary.

Men's Secret Wars Patrick A. Means 2006-08 Now repackaged and updated, this ground-breaking book talks honestly about the real issues facing Christian men, including stress, unhealthy relationships, and temptation.

False Intimacy Harry Schaumburg 2019-12-31 With frank honesty, *False Intimacy* offers realistic direction to those whose lives or ministries have been impacted by sexual addiction while examining the roots behind these behaviors. This compelling book examines different aspects of sexual addiction, including shame, purity, and forgiveness, while exploring one's true identity and God-given sexuality.

Sexuality: God's Gift Anne Krabill Hershberger 2010-06-17 Big business makes big money selling a phony notion of what we want and need as sexual people. Ads insist that certain products will make us more sexually appealing. But what we really want and need is true intimacy—the knowledge that we matter to another person and are loved for who we are. We all are sexual beings, all of our lives, and relate to each other sexually all the time. God marvelously made us this way. Using the metaphor of sexuality as a good gift from God, this book offers Christian resources for living a sexually healthy and fulfilling life. "Extraordinarily comprehensive, nuanced, and sensitive—even richer than its predecessor. It is a splendid resource for all Christians who wish to live more deeply in gratitude to God for their own sexuality." —James B. Nelson, professor emeritus of Christian ethics, United Theological Seminary of the Twin Cities "An important contribution to Christians seeking to celebrate their sexuality with holiness and integrity." —The Rev. Debra W. Haffner, executive director, Religious Institute, Westport, Connecticut

Unwanted Jay Stringer 2018-09-04 Outreach magazine 2018 Resource of the Year—Counseling & Relationships! *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* is a ground-breaking resource that explores the "why" behind self-destructive sexual choices. The book is based on research from over 3,800 men and women seeking freedom from unwanted sexual behavior, be that the use of pornography, an affair, or buying sex. Jay Stringer's (M.Div, MA, LMHC) original research found that unwanted sexual behavior can be both shaped by and predicted based on the parts of our story—past and present—that remain unaddressed. When we pay attention to our unwanted sexual desires and identify the unique reasons that trigger them, the path of healing is revealed. Although many of us feel ashamed and unwanted after years of sexual brokenness, the book invites the reader to see that behavior as the very location God can most powerfully work in their lives. Counselors, pastors, and accountability partners of those who experience sexual shame will also find in this book the deep spiritual and psychological guidance they need to effectively minister to the sexually broken around them.

No Stones Marnie C. Ferree 2013-07-08 In this book Marnie C. Ferree offers a unique resource for women struggling with sexual addiction. Taking her book's title from the parable where Jesus extends grace to the woman caught in adultery, Ferree bravely shares her own story of sexual addiction, recalling her years of shame from living a double life and the moment when she ultimately had to tell the truth. But more than just offering her story as a hopeful example of God's transforming power, Ferree distills her clinical expertise on female sexual addiction accessibly and gently, providing a much-needed resource for women struggling with any degree of relational or sexual addiction. Ferree details the roots of addiction in family trauma and offers clear-eyed advice as both a counselor and a "grateful recovering sex addict" on how to achieve sobriety and healing. Written by a counselor who understands the condition from the inside out, *No Stones* offers practical help for those battling sexual addiction. It also includes a specific chapter for anyone in close relationship with an addict, whether a spouse, family member, or friend, who wants to come alongside women as they seek help. Important for pastors and church leaders, this book will also be a much sought-after resource for Christian counselors and therapists counseling women who grapple with this type of addiction.

Sexual Anorexia Patrick J Carnes 2009-08-07 A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. Author Dr. Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder, sexual addiction and compulsivity, often arise from a background of childhood sexual trauma, neglect, and other forms of abuse, Carnes explores the numerous dimensions of sexual health, examining key issues which must be addressed and resolved for recovery to proceed. Utilizing extensive research and elucidating case studies, Carnes develops concrete tasks and plans for restoring nurturing and sensuality, building fulfilling relationships, exploring intimacy, and creating healthy sexuality. Woven throughout the book are stories of recovery which illustrate sexual healing principles, model new behavior, and support motivation for change. *Sexual Anorexia* enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but, instead, a deeply sensual, passionate, fulfilling, and spiritual experience that all human beings are innately entitled to.

MySpace for Moms and Dads Connie Neal 2009-05-26 Moms and dads—here it is at last! A quick, sweeping overview of MySpace: what it is, how it works, and why it is so important to your teen. You'll find out how to address important issues with your teen in a way that strengthens your relationship and resolves conflicts. Whether you're computer illiterate or a seasoned web surfer, *MySpace for Moms and Dads* will help you understand the social networking revolution and equip you to make smart, confident decisions about your son's or daughter's use of MySpace and sites like it. Learn how to minimize the risks of MySpace and bring out its benefits and positive opportunities. You can not only ensure that your teen uses MySpace safely, but also use MySpace yourself to gain a window into your teen's world. Find out how to tailor your teen's use of MySpace to his or her present maturity level—and deepen your appreciation of the unique individual your son or daughter is in the bargain. Includes complete glossary, discussion starters, fun quizzes, negotiation helps for you and your teen, and resources with complete contact information including non-web and web addresses.

Shepherding Women in Pain Beverly Hislop 2010-04-01 Infertility, divorce, domestic violence, eating disorders...all have become part of a day's work for women and men in ministry to women. Yet, most are not prepared for this aspect of ministering to women in real pain over real issues. Designed to give leaders and care givers greater understanding, insights for shepherding, and referral resources, *Shepherding Women in Pain* is a compilation from contributors who have expertise and experience with women on the given issue. For example Stacey Womack, founder and executive director of Abuse Recovery Ministry & Services, wrote the chapter on domestic violence and Kimberley Davidson, founder of Olive Branch Outreach, authored the chapter discussing eating

disorders. The reader will be provided concise, practical, and grace-infused information designed to help women deal constructively with the trauma of their life experiences. This book will serve as a key resource--read and re-read often--to those who serve women in pain.

Love Hunger David Kyle Foster 2014-05-13 A True Story of Homosexuality, Hope and Redemption Homosexuality, prostitution, pornography, cults--secret sins rival the glitter of Hollywood for young actor David Kyle Foster. Winning wholesome television roles, his star on the rise, he is relieved to be free from his father's harshness. But the desperate loneliness and sexual obsession that characterized his youth now accompany his rise to success--and bondage to a double life seems the only answer. Can Jesus' love reach one so broken? Whether you're grappling with your own darkness or know someone who is, this gripping and inspiring memoir shows you that, no matter how bleak it may seem, there is always hope: God can heal and restore the soul that hungers for love.

Wild at Heart John Eldredge 2011-03-22 John Eldredge revises and updates his best-selling, renowned Christian classic. God designed men to be dangerous, says John Eldredge. Simply look at the dreams and desires written in the heart of every boy: To be a hero, to be a warrior, to live a life of adventure and risk. Sadly, most men abandon those dreams and desires--aided by a Christianity that feels like nothing more than pressure to be a "nice guy." It is no wonder that many men avoid church, and those who go are often passive and bored to death. In this provocative book, Eldredge gives women a look inside the true heart of a man and gives men permission to be what God designed them to be--dangerous, passionate, alive, and free.

Dirty Girls Come Clean Crystal Renaud 2011-04-01 You are not alone. The sexual addictions of pornography and masturbation are not just men's issues. They're women's issues, too. Research shows that 25% of Christian women are addicted to pornography. But 70% of these women will never admit their struggle. In *Dirty Girls Come Clean*, Crystal Renaud aims to change these statistics and help you gain freedom from sexual addiction. Why This Book? So often, ministries and tools for overcoming these sexual addictions are more accessible to men than they are to women. Even if these ministries and tools were accessible to women, they may not be as effective in giving freedom because women turn to pornography for different reasons than men do. Women need a resource crafted specifically for them. A Trusted Source Crystal, founder of Dirty Girls Ministries and AACC certified counselor, comes clean first. Her story of addiction to pornography began when she was 10 years old and continued and intensified for eight years. During this time of sexual addiction, Crystal deceived and withdrew. She came to know shame intimately, and she thought she was alone in her struggle. After coming clean about her sexual addiction, Crystal also includes stories of other women who have come clean about theirs. A Plan for Freedom Crystal is determined to help women come clean and, by God's grace and power, get free. Addressing both the sexual addictions themselves as well as underlying issues that cause them, Crystal provides a plan for freedom using the acronym SCARS. S—Surrender: Trusting the Healer C—Confession: Out of the Darkness A—Accountability: Restoring Our Character R—Responsibility: Owning My Part of the Story S—Sharing: God Never Wastes an Experience In addition to her plan for freedom from sexual addiction, Crystal provides other resources such as: personal inventories, the twelve steps of sexaholics anonymous, online accountability programs, other books, and links to recovery groups. Join Crystal and many others who have claimed freedom from sexual addiction. Now is your time to come clean and be free. "With the recent release of Crystal's book *Dirty Girls Come Clean* women now have the tools they need to fight a battle that many assume only ensnares men. I can only imagine what kind of hope and encouragement this book is going to offer women who have believed for years, decades, that they were the only ones struggling and there was no hope for them." -Book review by Marsha Fisher on porntopurity.com An Excerpt from the First Chapter: This book is for you, the woman who feels alone in addiction to pornography. I don't believe in coincidences. This book is in your hands because God wants to speak some truth to you, and, for whatever reason, He's chosen to use this book to do so. The dark cloud of this addiction is far-reaching. Pornography addiction knows no path other than one of destruction, isolation, and suffocation. Pornography addiction knows no creed. Pornography addiction knows no gender. We are all sexual beings. If not, you and I would not be

living on this earth. So to believe that pornography can only be a man's problem is not only false, but it is an ignorant lie that comes from the enemy. The enemy, Satan, deceived Eve in the garden of Eden by convincing her that if she ate the forbidden fruit, she would be like God. She in turn offered Adam the fruit, he took some, and as a result of their disobedience, they were expelled from the beautiful garden where they had enjoyed perfect fellowship with God. Satan's goal was to destroy. And the enemy has been trying to destroy women ever since. From the first bite of forbidden fruit to pornography addiction, the enemy will use whatever he can to deceive us and keep us ineffective for use in the kingdom of God. May you find comfort in knowing that not only are you not alone in your struggle, but there is hope for breaking the stronghold of this addiction. And that hope comes from Jesus. I write this book from a Christian point of view because it is my personal belief that Jesus is the reason I stand free from pornography today. But as I said, pornography addiction knows no creed. Pornography affects everyone. So it is my hope that the steps provided throughout this book will be beneficial to all women, from all walks of life. You were created for so much more than this life you've been living. Life is to be lived abundantly. It is time to come on out from behind the bushes. Life is waiting.

The Believer 2005

Wired for Intimacy William M. Struthers 2010-02 Pornography is powerful. Our contemporary culture has been pornified, and it shapes our assumptions about identity, sexuality, the value of women and the nature of relationships. Countless Christian men struggle with the addictive power of porn. But common spiritual approaches of more prayer and accountability groups are often of limited help. In this book neuroscientist and researcher William Struthers explains how pornography affects the male brain and what we can do about it. Because we are embodied beings, viewing pornography changes how the brain works, how we form memories and make attachments. By better understanding the biological realities of our sexual development, we can cultivate healthier sexual perspectives and interpersonal relationships. Struthers exposes false assumptions and casts a vision for a redeemed masculinity, showing how our sexual longings can actually propel us toward sanctification and holiness in our bodies. With insights for both married and single men alike, this book offers hope for freedom from pornography.

Be Restored Bob Schuchts 2021-09-24 Winner of a third-place award in the healing and self-help category from the Catholic Media Association. We all have sexual wounds—some caused by over-sexualized culture, some by our personal choices, and some through the actions of others. Have you struggled with wounds from sexual abuse and molestation, pornography use, infidelity, divorce, sexual identity confusion, genophobia, or unwanted sexual compulsions? In *Be Restored*, bestselling and award-winning author Bob Schuchts of the John Paul II Healing Center offers you concrete steps for healing and wholeness, relying on a combination of clinical expertise, Catholic theology, and personal experience as a survivor to guide you. An essential guide to healing sexual wounds, *Be Restored* speaks to our deepest longing for sexual wholeness. It reveals the way to be freed from debilitating shame, sexual compulsions and sin, identity confusion, and wounds in psychosexual development. You will discover the reasons behind your emotional pain and how it's connected to your sexual wounds—whether those wounds come from acute moments of sexual trauma in the past or from the more subtle trauma of living in our sex-saturated world. Speaking from his own experience of sexual woundedness and his professional background as a marriage and family therapist, Schuchts—the bestselling author of *Be Healed*—is sensitive to the shame of sexual wounds. In *Be Restored*, he compassionately guides readers through a comprehensive understanding of potential areas of sexual wounds and shame. He then lays out a practical roadmap for restoring sexual wholeness. Each chapter in *Be Restored* contains “Take a Moment” reflections and personal activities that include prayer and scripture-based exercises, emotional mapping, and thought-provoking reflection questions. Four appendices offer specific instructions and prayers for restoring sexual wholeness.

[Authentic Human Sexuality](#) Judith K. Balswick 2008-06-10 Jack and Judith Balswick investigate how human sexuality originates both biologically and socially, lay groundwork for a normative Christian

interpretation of sexuality, show how authentic sexuality is necessarily grounded in relationships, and explore forms of "inauthentic sexuality" such as sexual harassment, pornography and rape.

JESUS IS BETTER THAN PORN: How I Confessed my Addiction to My Wife and Found a New Life Hugh Houston 2018-06-07 You can break free from porn and find a new life. Apply practical strategies and escape the hamster wheel of compulsive pornography use. Get the inspiration, motivation and information you have been looking for as you begin your journey to the LIGHT. Honest, hard-hitting, helpful and hopeful! This story of one man's courageous battle against lust and pornography shows how a Christian (even a pastor) can be trapped in the darkness, feeling isolated and afraid to ask for help. Yet Hugh's story of heartbreak, humility and trusting in Christ shows how God offers new life. When Hugh finally confessed his secret double life to his wife of 30 years, it almost destroyed her. Yet out of this terrible pain, the Lord brought forgiveness and healing. Their marriage today is stronger than ever! This can be your story too! There is HOPE for anyone enslaved by sin, because Jesus came to set the captives free. Learn how to fight lies with the truth. See how you can take control of your thoughts and your mind. Begin using your own personal "Battle Plan" today. Practice intentional living. Your life can be different. God has already provided you with everything you need for your new life. Use the discussion questions at the end of each chapter with your group. A Certified Partner Coach wrote: "During the past 17 years, I've read countless books on the topic of secretive sexual behaviors. Few offer as much humble-yet-helpful wisdom as this book by lifelong missionary, Hugh Houston." Get your copy today. Jesus is so much better than porn!

Straight to Jesus Tanya Erzen 2006-06-27 Looks at the lives of men and women at New Hope Ministry, where the strict Christian beliefs are incompatible with their same-sex desires.

Sexual Intimacy in Marriage, 4th ed. William R. Cutrer 2020-03-17 Expert, biblical answers to tough questions Every couple has those questions they don't know how or whom to ask! *Sexual Intimacy in Marriage* discusses the basics, like the definition of marriage, and the not-so-basic topics, such as achieving sexual pleasure and biblically "OK" sexual activity. It addresses real people in the real world--without compromising God's wonderful purpose and design for his gift of sex. This highly acclaimed, medically and biblically accurate book extensively covers sex in marriage with a sensitivity and frankness that every couple will appreciate. With over 100,000 copies in print, and now in its fourth edition, this best-selling biblically based book for nearly-weds, newly-weds, and truly-weds is the gold standard for Christian intimacy guides. "Has greatly benefited our own family and marriage relationship. . . . Marvelously blends the glory of sex with the reality of life." --Dr. Tony and Lois Evans "Scientifically accurate, biblically based, intensely practical, and written with a large dose of humor." --David Stevens, President, Christian Medical & Dental Association "Cutrer and Glahn . . . cut through the fog of partial truths to help newlyweds, soon-to-weds, or couples who have been married for years." --The Dallas/Fort Worth Heritage

A Model for Marriage Jack O. Balswick 2013-04-23 Jack and Judy Balswick offer a vision of marriage that is both profoundly spiritual and thoroughly practical for the twenty-first century.

Books That Change Lives Parable Group, The 2005-07 The ultimate book of recommended reading lists, hand-picked by book buyers nationwide! This Parable exclusive includes recommendations from popular authors and a personal growth library list featuring both classic and contemporary must-reads. Plus, a topical resource list indexes books by subject matter geared for those ministering to others.

Breaking Free Russell Willingham 1999-01-13 Leading readers through self-diagnosis and step-by-step through the stages of recovery, Russell Willingham reminds us of all the resources Christians have at their disposal for dealing with sexual addiction.

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Table of Contents Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

1. Understanding the eBook Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

- The Rise of Digital Reading Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus
- Advantages of eBooks Over Traditional Books

2. Identifying Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

- Exploring Different Genres
- Considering Fiction vs. Non-Fiction
- Determining Your Reading Goals

3. Choosing the Right eBook Platform

- Popular eBook Platforms
- Features to Look for in an Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus
- User-Friendly Interface

4. Exploring eBook Recommendations from Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

- Personalized Recommendations
- Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus User Reviews and Ratings
- Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus and Bestseller Lists

5. Accessing Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus Free and Paid eBooks

- Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus Public Domain eBooks
- Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus eBook Subscription Services
- Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus Budget-Friendly Options

6. Navigating Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus eBook Formats

- ePub, PDF, MOBI, and More
- Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus Compatibility with Devices
- Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus
- Highlighting and Note-Taking Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus
- Interactive Elements Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

8. Staying Engaged with Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers
- Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

9. Balancing eBooks and Physical Books Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

- Benefits of a Digital Library
 - Creating a Diverse Reading Collection
- Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

- Setting Reading Goals Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus

- Fact-Checking eBook Content of Breaking Free Understanding Sexual Addiction The Healing Power Of Jesus
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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