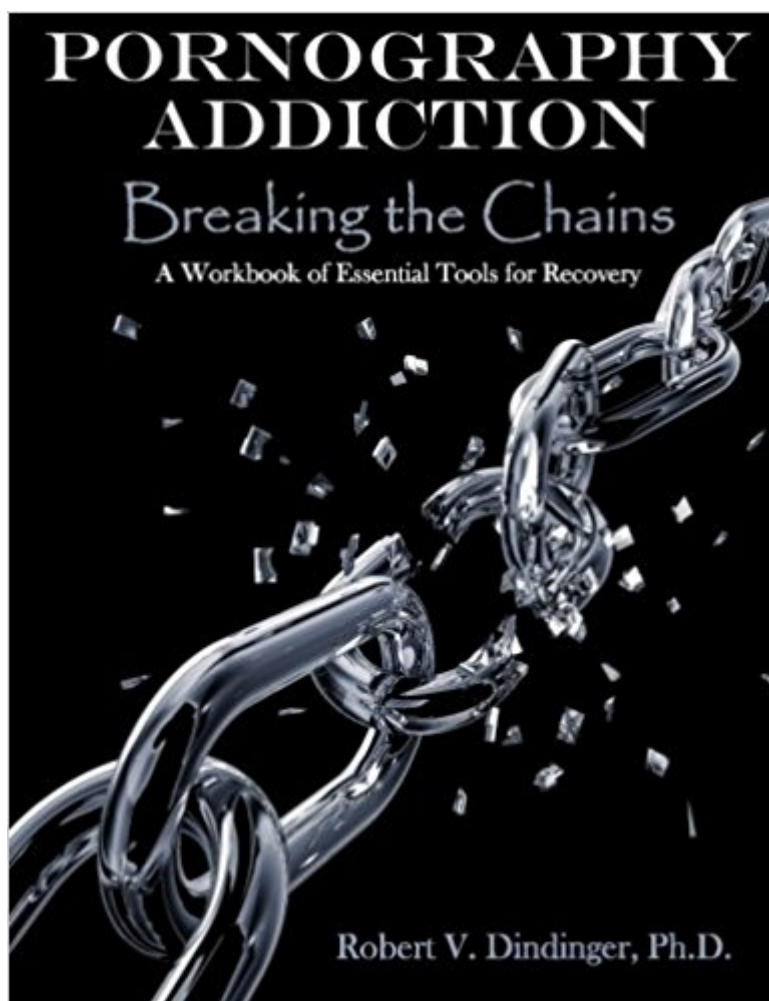


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# Pornography Addiction Breaking The Chains: A Workbook Of Essential Tools For Recovery



## Synopsis

In *Pornography Addiction: Breaking the Chains*, clinical psychologist and addiction expert Robert V. Dindinger clearly explains the processes whereby children, teens and adults become addicted to pornography. By utilizing this workbook you will learn how individuals become addicted to pornography, the biology of addiction and recovery, the consequences of regular pornography viewing and the steps to overcoming pornography addiction and preventing future relapses. This workbook is not only a valuable tool for the recovering addict, but as a resource for clergy, parents, spouses, therapists, and other individuals who would like to provide support to those who are struggling with pornography addiction.

## Book Information

Paperback: 70 pages

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Product Dimensions: 8.5 x 0.2 x 11 inches

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Average Customer Review: 4.8 out of 5 stars 14 customer reviews

Best Sellers Rank: #153,339 in Books (See Top 100 in Books) #22 in [Books > Politics & Social Sciences > Social Sciences > Pornography](#)

## Customer Reviews

I am a licensed counselor and use this with my teen clients who struggle with pornography addiction. It is practical and easy to understand - I particularly like the simple way he explains how the brain is involved in the addiction. This is a very good resource!

As a therapist that works with sexual addiction, pornography addiction, and other related issues, I find this the most straightforward workbook out there to explain the neuroscience of the brain and the effect of porn on it, as well as a practical array of exercises and skills to build to break the addiction as the client finds new things to replace it.

Very straightforward and useful, I would have this as a supplement to other texts about the subject

Didn't follow through with the given plan it offered, but it gave me a lot of useful information when it came to dealing, stopping and understanding porn addiction.

I received this book earlier than I thought I would. The book is in great shape and is a good reference book.

Excellent workbook. I use it with clients and it is both informative and understandable. That works !  
Thank you

Very concise,easy to use with clients and not to complex.

Good and practical worksheets for clients to complete and discuss with therapist.

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Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Pornography Addiction Breaking the Chains: A Workbook of Essential Tools for Recovery Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Treating Pornography Addiction: The Essential Tools for Recovery My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Life After Lust: Stories & Strategies for Sex & Pornography Addiction Recovery The Gambling Addiction Recovery Workbook: Written by a

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