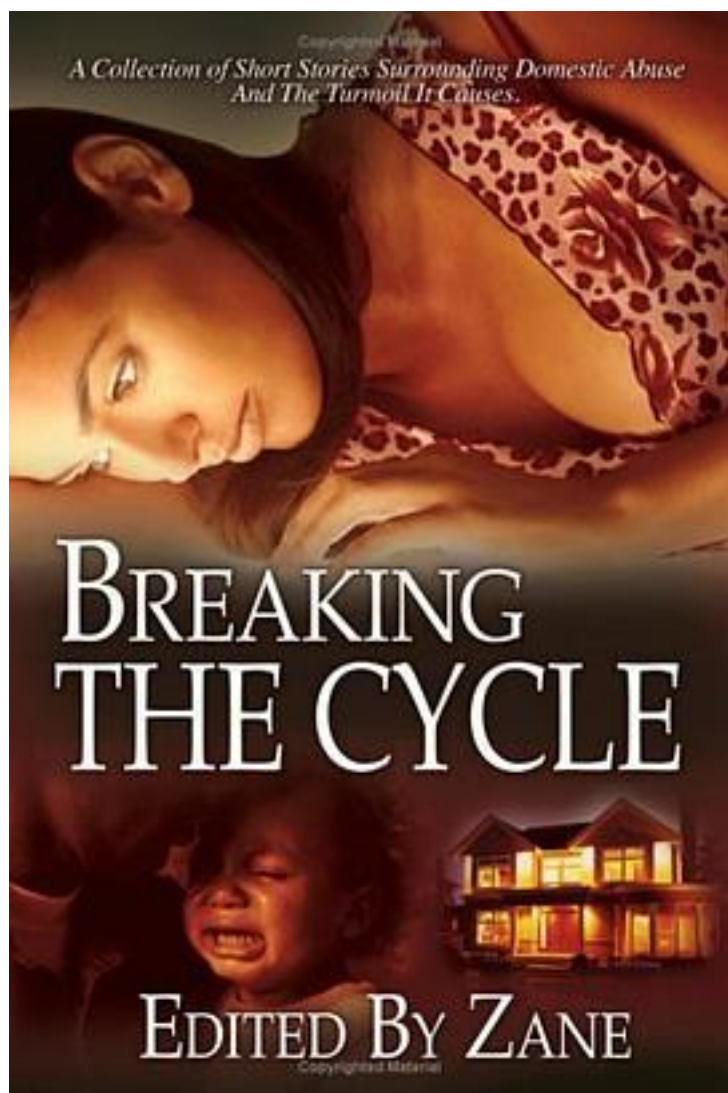


Breaking the Cycle



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著者:George Collins

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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.

作者介绍:

George Collins is the founder and director of Compulsion Solutions, an outpatient counseling service specifically for the treatment of men who suffer from the results of sexually compulsive behavior. Counseling is also available for wives, couples and partners.

George earned a Masters Degree in Counseling Psychology (with a Transpersonal Specialization) from John F. Kennedy University. He is a professional member of the National Council on Sexual Addiction and Compulsivity. He is recognized as an acknowledged "expert" on sexually compulsive behavior. He participates in forums on pornography and sexual compulsion, and has been a guest on local, national, and international radio and television shows.

But George did not just go to college and read about sexually compulsive behavior. He lived "the life" and got over it. Who is better able to help you than a former sex addict?

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标签

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评论

没想到2011年都有了那么系统的戒瘾方法，国内却只有欲海回狂和参不透的佛经
读了好几本关于戒瘾的书，很多方法跟佛法有异曲同工之妙，只是佛教的方法，没有老师引导看不懂学不会，还是心理学给你书你至少能看懂。

书评

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