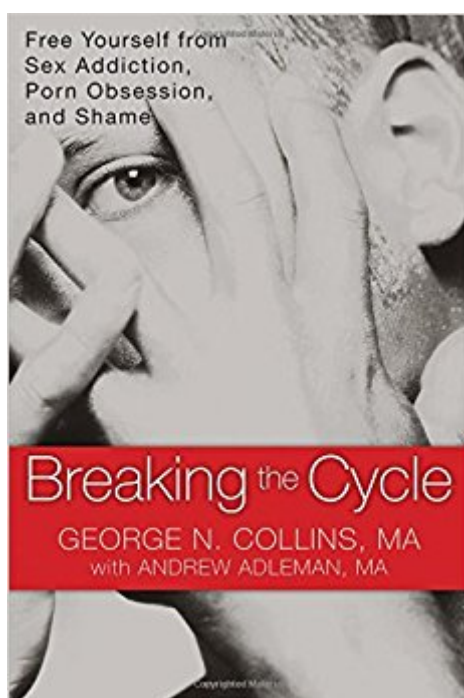


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# Breaking The Cycle: Free Yourself From Sex Addiction, Porn Obsession, And Shame



## Synopsis

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.

## Book Information

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## Customer Reviews

“Breaking the Cycle by George Collins is a 911 call that can save your life and those you love from sex addiction, porn obsession, and shame. Honest, stark, hard-hitting and yet hopeful, Collins lays out the steps required to wrestle self-control back from your sexually compulsive impulses. In your darkest time, *Breaking the Cycle* brings the light you are looking for!”  
—Don Ellum, MFT, adjunct faculty at John F. Kennedy University and author of *Raising a Son*  
“Prior to reading this book, I had been acting out my sexually compulsive behaviors for forty years. Each chapter is filled with specific experiences and emotions that I have struggled with

in the past. As a result of the techniques described in this book, my addiction has faded away."

•Ralph, sex addict in recovery in Rhode Island "This book offers a raw look into the world of sex addicts. George Collins' courageous self-revelation of his own sex addiction has helped hundreds of men and women to find what is essential for rehabilitation inside themselves. His "I'll pay you to just be honest" conversation with the sex worker and client was itself worth the cost of the book!

•Don L. Mathews, MFT, director of the Impulse Treatment Center "This is gripping stuff, and a real page-turner of a book. The real-life stories have the ring of truth, and the dialogue is unmistakably real. The use of trenchant, memorable lines, like, "you can't get enough of what won't satisfy you," really get the message across.

•Bob, sex addict in recovery in California "Collins' take on the mental obsession leading to physical addiction and subsequent negative consequence is pure poetry for the troubled romantic soul. Even if you are NOT an addict, you will find this book a useful GPS to navigate new neighborhoods of abnormal thinking in people you know or will encounter someday. On a personal note, I am honored to be mentioned and I am grateful he didn't abbreviate *First Thought Wrong* even one time. Thank you, George, for taking *First Thought Wrong* from sexual to helpful, hopeful and safe.

•Mark Lundholm, internationally recognized stand-up comedian and creator of *The Recovery Board Game* and the DVD series *Humor in Treatment*

In *Breaking the Cycle*, sex addiction specialist George Collins offers a powerful, no-nonsense program for helping readers identify their unhealthy sexual patterns, overcome sex addiction, and start living more productive lives.

Learning to change the path your stuck on is not easy but when you have hit bottom like i did this book helped me re establish a path i could follow and fix my addiction, i still had counseling to go along with my reading, but the book gave me helpful steps to regain control, at first i was sceptic, but as i worked towards my goals i found the exercises very useful for when i would start to slip. Before i hit bottom and you would of told me i had a problem i would have laugh in your face, but after actually living with this addiction, i do understand its a powerful addiction, that can control your life. If your searching for help this book is a good place to start

Having worked as a counselor with many people in recovery for various addictions, I thought I would understand sex addiction easily. As it turned out, there were aspects to sex addiction that are

unique. George Collins, a therapist, is able to explain sexual addiction from a genuine personal life journey. With twenty seven years of sobriety and decades of helping those who have suffered the loneliness and torment of this addiction, he gives realistic and practical hope. Collins offers compassion to heal the shame felt by those who suffer with sex addiction. He gives creative and brave ways for therapists to assist their clients. I highly recommend this book to all therapists treating sex addiction, to anyone suffering from sex addiction, and to the wives and husbands of partners with as sex addiction. George takes the mystery out of this challenge, helping all involved. He lets you know that nobody is alone and there is a way to recover, transform, and find deep peace. He offers exercises for therapists to use with clients, and for people who are suffering to use themselves. George paves the way for what has been a closeted conflict, to be openly addressed and healed. Thanks to this book, my clients are finding deeper relief, peace, and forgiveness (of self and other). Additionally, George Collins is entertaining in a meaningful and moving manner, courageous, and unique as therapist/writer. His sense of humor makes an emotionally charged topic, much easier to address. Dr. Laurie Moore, LMFT, CHT

I don't identify with the examples in the book. It is probably really good for the extreme cases, but if you are just a little bit of a douchebag or a flirt, this book is probably not for you.

Great read if you are struggling with addiction or compulsive behavior. Mostly geared towards men then women but none the less you can sub out he / him with her / she.

I can personally tell you that this book is the real deal and not just some theoretical self help book. I used to spend more then 8 hours a day on the inter net and I was calling phone sex services running up thousands of dollars in bills. I am an executive of a mid size company and I have 2 teenage childern. The methods and techniques that George Collins use were not only effective in changing the behaviors but they also changed my life in the most positive ways possible. My marriage has improved and I am proud to say that I no longer act out in any behavior at all. I do not go to the inter net and I have ceased all abnormal behaviors. What once seemed impossible is now my reality. I was able to do this by following the methods which allowed me to become aware of what was driving me to do these things. I had been living in a compulsive and reactive world my entire life. When I encountered any form of stress or adversity I would turn to my compulsion rather then deal with life. Today I deal with the stress and realities of life and I am free from the prison of my addiciton. Thank you George Collins. You saved my life.

A Good book that provides practical techniques to overcome an increasingly common challenge today. Key takeaways are: (1) You are not your addict, (2) you are not your mind or story, (3) You always have a choice, and (4) There's a true you - your essence. To get to know how these takeaways can be combined with tried and true techniques (George has worked in the field a number of years and is himself a recovering addict) to break the cycle, buy the book. If you internalize the lessons (and there are embarrassing true stories to emphasize the lessons) and consistently apply the techniques, this book can help you achieve your goal.

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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) Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame 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) Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) 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) XXX MATURE SEX Pictures 3: sex, porn, milf, mature sex, love girls, sex pictures, anime sex pictures Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Sex Addiction Cure: How To Overcome Porn Addiction and Sexual Compulsion 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,) Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Lust Free in 31 Days: Christian Men

Overcoming Lust, Porn, Sex Addiction and Masturbation Cutting It Off: Breaking Porn Addiction and How To Quit For Good Sex Addiction: The Partner's Perspective: A Comprehensive Guide to Understanding and Surviving Sex Addiction For Partners and Those Who Want to Help Them 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) Sex Addiction 101: The Workbook, 24 Proven Exercises to Guide Sex Addiction Recovery

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