



## Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame

By George Collins MA, Andrew Adleman MA

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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.

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**Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame** By George Collins MA, Andrew Adleman MA Bibliography

- Sales Rank: #32772 in Books
- Published on: 2011-10-01
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .60" w x 5.90" l, .70 pounds
- Binding: Paperback
- 224 pages

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**Editorial Review**

Review

“*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 Elium, 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*

From the Publisher

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.

About the Author

**George N. Collins, MA**, is founder and director of Compulsion Solutions, an outpatient counseling service in the San Francisco Bay Area specializing in the treatment of sexually compulsive behavior.  
[www.compulsionsolutions.com](http://www.compulsionsolutions.com)

**Andrew Adleman, MA**, is a writer and book editor in the greater Los Angeles area.

## **Users Review**

**From reader reviews:**

**Melissa Ray:**

This *Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame* book is just not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is actually information inside this guide incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This particular *Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame* without we understand teach the one who studying it become critical in pondering and analyzing. Don't always be worry *Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame* can bring when you are and not make your bag space or bookshelves' turn out to be full because you can have it within your lovely laptop even cellphone. This *Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame* having excellent arrangement in word as well as layout, so you will not really feel uninterested in reading.

**James Brady:**

The book *Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame* has a lot associated with on it. So when you check out this book you can get a lot of benefit. The book was published by the very famous author. Mcdougal makes some research ahead of write this book. This specific book very easy to read you will get the point easily after scanning this book.

**Gigi Brown:**

Is it anyone who having spare time then spend it whole day by watching television programs or just lying on the bed? Do you need something new? This *Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame* can be the respond to, oh how comes? The new book you know. You are so out of date, spending your free time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

**David Wilkens:**

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