

# Resources for Overcoming Pornography



## Books

- [Integrity Restored: Helping Catholic Families Win the Battle Against Pornography](#) by Peter C. Kleponis, Ph.D.
- [The Pornography Epidemic: A Catholic Approach](#) by Peter C. Kleponis, Ph.D.
- [Delivered](#) by Matt Fradd
- [Man to Man, Dad to Dad](#) by Brian Caulfield
- [Be a Man](#) by Fr. Larry Richards
- [Boys to Men](#) by Tim Gray and Curtis Martin
- [Breaking Free: 12 Steps to Sexual Purity](#) by Stephen Wood
- [Contrary to Love: Helping the Sexual Addict](#) by Patrick Carnes
- [Every Man's Battle, Every Young Man's Battle, and Preparing your Son for Every Man's Battle](#) by S. Arterburn and F. Stoeker
- [Healing the Wounds of Sexual Addiction](#) by Mark R. Laaser
- [In the Shadows of the Net](#) by Patrick Carnes
- [Out of the Shadows](#) by Patrick Carnes
- [Pure Eyes](#) by Craig Gross and Steven Luff
- [Shattered Vows](#) by Debra Laaser
- [The Pornography Trap](#) by Ralph H. Earle, Jr. and Mark R. Laaser
- [Theology of the Body for Beginners](#) by Christopher West
- [Wired for Intimacy: How Pornography Hijacks the Male Brain](#) by William M. Struthers
- [Your Sexually Addicted Spouse](#) by B. Steffens and M. Means

## Online Resources

- [www.maritalhealing.com](http://www.maritalhealing.com): The official website of The Institute for Marital Healing
- [www.sexhelp.com](http://www.sexhelp.com): A site for those struggling with pornography use/addiction
- [www.chastityproject.com](http://www.chastityproject.com): A site promoting healthy chastity for young Catholics
- [www.catholicmodesty.com](http://www.catholicmodesty.com): A site promoting modesty in dress
- [www.familylifecenter.net](http://www.familylifecenter.net): The official website for Family Live Center International
- [www.dads.org](http://www.dads.org): The official website for St. Joseph's Covenant Keepers
- [www.fathersforgood.com](http://www.fathersforgood.com): A parenting website sponsored by the Knights of Columbus
- [www.fixthefamily.com](http://www.fixthefamily.com): A website that provides excellent advice on how to be effective Catholic husbands and fathers
- [www.pornnomore.com](http://www.pornnomore.com): A Catholic website information, prayers and witness talks for those struggling with pornography
- [www.settingcaptivesfree.com](http://www.settingcaptivesfree.com): A Christian website addressing a number of addictions, including pornography
- [www.isafe.org](http://www.isafe.org): A website for internet safety education
- [www.filterreview.com](http://www.filterreview.com): A website that describes and rates different internet filters
- [www.covenanteyes.com](http://www.covenanteyes.com): An accountability service for those struggling with internet pornography.

- [www.safeeyes.com](http://www.safeeyes.com): A service that blocks questionable websites
- [www.focusonthefamily.com](http://www.focusonthefamily.com): A website that provides Christian resources for parenting
- [www.familysafemedia.com](http://www.familysafemedia.com): A website that provides resources for protecting your family online
- [www.newlifepartners.com](http://www.newlifepartners.com): A support group for wives whose husbands are caught in the web of sexual addiction
- [www.pureonline.com](http://www.pureonline.com): An online sex and pornography addiction recovery resources site that utilizes online workshops
- [www.nationalcoalition.org](http://www.nationalcoalition.org): A website for the National Coalition for the Protection of Children and Families
- [www.freedomeveryday.org](http://www.freedomeveryday.org): Sponsored by L.I.F.E. Ministries (Living In Freedom Everyday), for sexual addiction recovery
- [www.flrl.org>truefreedom.com](http://www.flrl.org>truefreedom.com): Sponsored by Archdiocese of New York, provides resources for overcoming pornography use
- [www.awomanshealingjourney.com](http://www.awomanshealingjourney.com): Online resources, support groups, coaching for women whose husbands are porn addicted
- [www.reclaimsexualhealth.com](http://www.reclaimsexualhealth.com): Online educational program to help Catholics who are struggling with sexual addiction.

## Links

- The King's Men <http://thekingsmen.org/>
- Crossing The Goal <http://www.crossingthegoal.com/>
- FOCUS <http://www.focus.org/>
- The Institute for Marital Healing <http://www.maritalhealing.com/>
- Fathers For Good <http://www.fathersforgood.org/en/index.html>
- St. Joseph's Covenant Keepers <http://dads.org/>
- Fix the Family <http://www.fixthefamily.com/>
- Women of Grace <http://www.ewtn.com/series/shows/womenOfGrace/womenOfGrace.htm>
- Keystone Center <http://www.keystonecenterecu.net/>

## Support Groups

- Sexaholics Anonymous: [www.sa.org](http://www.sa.org)
- S-Anon International: [www.sanon.org](http://www.sanon.org)
- Sex Addicts Anonymous: [www.saa.org](http://www.saa.org)
- Sex and Love Addicts Anonymous: [www.slaafws.org](http://www.slaafws.org)
- S-Anon International Family Groups: [www.sanon.org](http://www.sanon.org)
- Recovering Couples Anonymous: [www.recovering-couples.org](http://www.recovering-couples.org)

## Men's Groups

- The King's Men: [www.thekingsmen.org](http://www.thekingsmen.org)
- St. Joseph's Covenant Keepers: [www.dads.org](http://www.dads.org)
- Promise Keepers: [www.promisekeepers.org](http://www.promisekeepers.org)
- That Man is You: [www.paradisusdei.org](http://www.paradisusdei.org)
- Knights of Columbus: [www.kofc.org](http://www.kofc.org)

## Men's Retreats

- Into The Wild Weekend: An outdoor skill-oriented weekend focused on providing men with experiences linked to a man's natural vocation of leader, protector, and provider - [www.intothewildweekend.com](http://www.intothewildweekend.com).
- Samson Retreat: A healing retreat for men who have been physically, emotionally, sexually or spiritually abused - [www.samsonretreat.com](http://www.samsonretreat.com).

## Counseling

Peter C. Kleponis, Ph.D., Comprehensive Counseling Services and The Institute for Marital Healing 101 W. Elm Street, Suite 320, Conshohocken, PA 19428, Phone: 610-397-0960 Individual and Marital Counseling offered in-person, by phone, by Skype