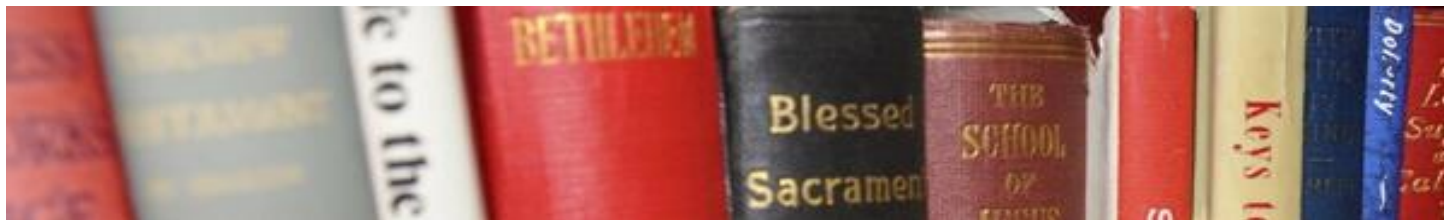


Resources for Overcoming Pornography



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

- www.safeeyes.com: A service that blocks questionable websites
- www.focusonthefamily.com: A website that provides Christian resources for parenting
- www.familysafemedia.com: A website that provides resources for protecting your family online
- www.newlifepartners.com: A support group for wives whose husbands are caught in the web of sexual addiction
- www.pureonline.com: An online sex and pornography addiction recovery resources site that utilizes online workshops
- www.nationalcoalition.org: A website for the National Coalition for the Protection of Children and Families
- www.freedomeveryday.org: Sponsored by L.I.F.E. Ministries (Living In Freedom Everyday), for sexual addiction recovery
- www.flrl.org/truefreedom.com: Sponsored by Archdiocese of New York, provides resources for overcoming pornography use
- www.awomanshealingjourney.com: Online resources, support groups, coaching for women whose husbands are porn addicted
- 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
- S-Anon International: www.sanon.org
- Sex Addicts Anonymous: www.saa.org
- Sex and Love Addicts Anonymous: www.slaafws.org
- S-Anon International Family Groups: www.sanon.org
- Recovering Couples Anonymous: www.recovering-couples.org

Men's Groups

- The King's Men: www.thekingsmen.org
- St. Joseph's Covenant Keepers: www.dads.org
- Promise Keepers: www.promisekeepers.org
- That Man is You: www.paradisusdei.org
- Knights of Columbus: 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.
- Samson Retreat: A healing retreat for men who have been physically, emotionally, sexually or spiritually abused - 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