

RESOURCES for PORN ADDICTION

Free eBooks from Covenant Eyes (<https://www.covenanteyes.com>): **Porn Free Church and Your Brain on Porn.**

Books

The Fight of Your Life by Mark Laaser and Tim Clinton

In this book, Dr. Mark Laaser and Dr. Tim Clinton offer weapons that will help you overcome sexual addiction, resist the danger of pornography, enjoy healthy sexuality, and save your marriage, relationships, and family from the enemy's assault. To win the war, you must fight the battles. Don't give up. Don't lose hope. And don't think for a moment that you have disqualified yourself from the fight. You have not failed too many times – you can still win!

Undefined: Redemption from Sexual Sin, Restoration for Broken Relationships by Harry Schaumburg.

Harry Schaumburg has devoted his life to delivering people from sexual sin. This book gives hope to the most hopeless. It's not just about breaking a porn habit or addiction, but about "redemption." A powerful book for those feeling powerless.

Wired for Intimacy: How Pornography Hijacks the Male Brain by William Struthers.

This book is different to all the others on this list. It was written by a Christian neuroscientist and researcher who explains how porn actually changes the brain, but also what we can do about it. Unique and insightful combination of the scientific, the theological, and the practical.

Finally Free: Fighting for Purity With The Power of Grace by Heath Lambert.

This is biblical counseling at its best: full of sympathy for sinners, courageous confrontation of sin, accessible biblical truth, the power of Christ's grace, and radical dependence upon the Holy Spirit. It offers eight grace-based strategies to needy sinners. This book will liberate many lives and revitalize many marriages.

Sexual Detox: A Guide for Guys Who Are Sick of Porn and ***Finally Free*** by Tim Challies.

These are two books we should give anyone struggling with lust and porn. **Sexual Detox** is shorter, easier to read, and provides more emergency actions. **Finally Free** is deeper, more long-term. Both are gospel-based and grace-driven.

Other Resources

Joe Dallas resources: for heterosexual and homosexual recovery (<https://joedallas.com/>)

ONLINE PROGRAMS

- Pure Desire (<https://puredesire.org>)
- Covenant Eyes (<https://www.covenanteyes.com>)
- Conquer Series (<https://conquerseries.com/>)

INTENSIVES

- Men of Valor (<https://faithfulandtrue.com/workshops/mov-3-day/>)

CHURCH SUPPORT: Celebrate Recovery Groups

(<https://www.celebraterecoverygabc.com/Find-a-Group-Near-You>)