Sex addicts live with a compulsion they just can’t shake—an inner voice that compels them to seek pornography, pursue sexual encounters with strangers, and do everything they can to gratify the sexual urges that won’t go away. But people with sex addictions can learn to enjoy lives of productivity and purpose and develop true intimate connections with others. Breaking the Cycle helps readers learn to identify the triggers and compulsive thoughts that keep them trapped in the cycle of addiction and offers skills for countering those thoughts instead of simply caving to them. By drawing on their deepest values and ideals, readers find the strength to separate their true selves from their obsessive thoughts. Gradually, using proven techniques, readers develop resistance to their former triggers and make sex addict behavior, and then the addictive thoughts themselves, a thing of the past.

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 men who suffer from the results of sexually compulsive behavior. A former sex addict himself, Collins is a professional member of the Society for the Advancement of Sexual Health and is recognized as an expert on sexually compulsive behavior.

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

by George N. Collins, MA, with Andrew Adleman, MA