



Pornography Addiction Breaking the Chains: A Workbook of Essential Tools for Recovery

Robert V Dindinger PhD.

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In *Pornography Addiction: Breaking the Chains*, clinical psychologist and addiction expert Robert V. Dindinger clearly explains the processes whereby children, teens and adults become addicted to pornography. By utilizing this workbook you will learn how individuals become addicted to pornography, the biology of addiction and recovery, the consequences of regular pornography viewing and the steps to overcoming pornography addiction and preventing future relapses. This workbook is not only a valuable tool for the recovering addict, but as a resource for clergy, parents, spouses, therapists, and other individuals who would like to provide support to those who are struggling with pornography addiction.

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