



**Peter C. Kleponis, Ph.D.**

## **Resources to Prevent and Overcome Pornography Use**

### **Recommended Books**

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

Every Man's Battle, Every Young Man's Battle, and Preparing your Son for Every Man's Battle by Stephen Arterburn and Fred Stoeker

In the Shadows of the Net by Patrick Carnes

Out of the Shadows by Patrick Carnes

Pure Eyes by Craig Gross and Steven Luff

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.catholicmodesty.com](http://www.catholicmodesty.com): A site promoting modesty in dress

## Resources to Prevent and Overcome Pornography Use cont.

- [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.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. Use promo code: *pursuitofholiness* for first month free!
- [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): A site sponsored by L.I.F.E. Ministries (Living In Freedom Everyday), a sexual addiction recovery ministry
- [www.flrl.org>truefreedom.com](http://www.flrl.org>truefreedom.com): A website sponsored by the Archdiocese of New York that provides resources for overcoming pornography use

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[www.awomanshealingjourney.com](http://www.awomanshealingjourney.com): Online resources, support groups, and coaching for women whose husbands are addicted to pornography.

### **Self-Help 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)

### **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)

