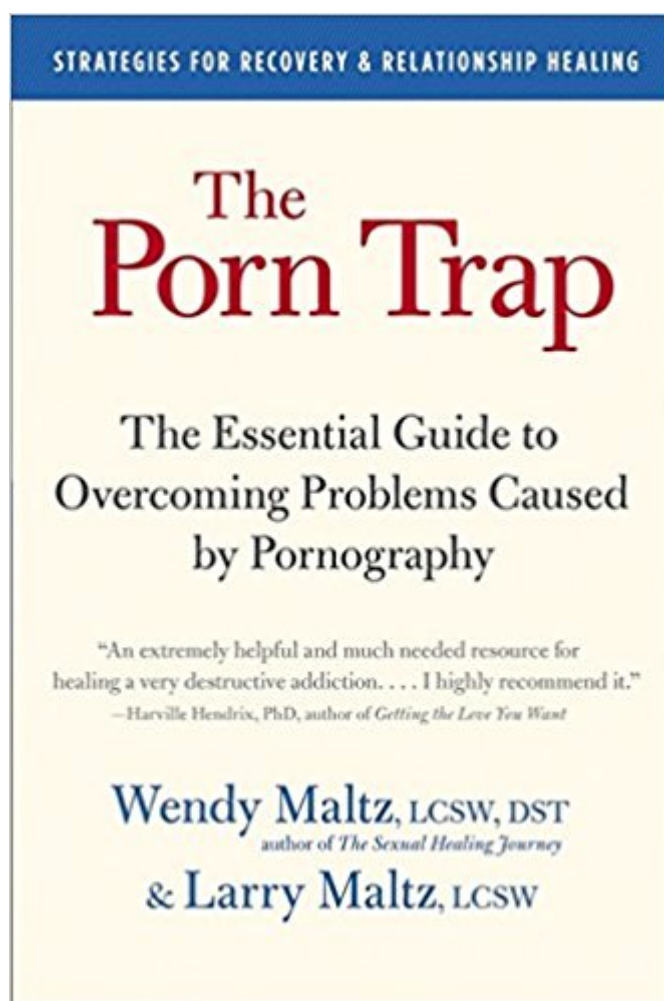


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The Porn Trap: The Essential Guide To Overcoming Problems Caused By Pornography



Synopsis

Breaking the silence, removing the shameIn this highly acclaimed recovery guide, renowned sex and relationship therapists Wendy and Larry Maltz shed new light on the compelling nature and destructive power of today's instantly available pornography. Weaving together poignant real-life stories with innovative exercises, checklists, and expert advice, this groundbreaking resource provides a comprehensive program for understanding and healing porn addiction and other serious consequences of porn use. The Porn Trap will help you to:Decide whether it's time to quit using porn Learn how to stop using porn and deal with cravings Improve self-esteem and personal integrityHeal an intimate relationship harmed by porn useDevelop a healthy sex life

Book Information

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Customer Reviews

"An excellent, thoughtful, and hopeful guide providing effective help for those who struggle with our newest and most challenging mental health problem--pornography addiction." (Patrick Carnes, Ph.D., author of Don't Call It Love and In the Shadows of the Net)"Larry and Wendy have done a masterful job of defining the problem of porn and giving the reader a marvelous plethora of treatment options. This is a must read for anyone who cares about someone hurt by porn addiction. For those struggling themselves, this book is a lifesaver! (Dr. Ted Roberts, pastor, counselor, and author of Pure Desire)"An extremely helpful and much needed resource for a very destructive addiction. The Porn Trap includes clear and practical

guidance for healing the emptiness caused by porn. I highly recommend it. — (Harville Hendrix, Ph.D., author of *Getting the Love You Want* and *Receiving Love*) — “This intelligent book brings a healing voice to an issue that too often divides and devastates partners—it goes way beyond — just say no, — to offer heart-opening guidance that will help you explore new dimensions of sexual desire and intimacy. — (Gina Ogden, Ph.D., author of *The Heart and Soul of Sex* and *The Return of Desire*) — “With clarity, compassion, and understanding, Wendy and Larry Maltz help readers comprehend the magnitude of the problem and porn’s highly addictive nature. Their vast knowledge of healing and regaining a healthy sexuality embedded in a true relationship, provides readers with a wise and helpful guide. — (Charlotte Sophia Kasl, Ph.D., author of *Women, Sex, and Addiction* and *If the Buddha Dated*) — “Groundbreaking. This is the best book on the market to help compulsive porn users and the people who love them to confront and change this destructive pattern. — (Barry McCarthy, Ph.D., author of *Men’s Sexual Health* and *Rekindling Desire*)

Since the explosion of the Internet and other forms of digital technology, the number of people addicted to pornography has skyrocketed. But there has been a distinct lack of resources to help them until now. *The Porn Trap* is the first book to take a comprehensive look at porn addiction and other devastating consequences of porn use, addressing the full range of problems that impact everyone from recreational “dabblers” to compulsive addicts, and the people who care about them. In this groundbreaking book, sex and relationship therapists Wendy and Larry Maltz take on this important subject with wisdom, authority, and compassion. They shed new light on the power of pornography — revealing why it’s so easy to develop a serious problem with porn and often hard to break free from its clutches. Without judgment or blame, the Maltzes outline the destructive effects of porn use, and offer a commonsense, practical approach for healing supported by innovative exercises, checklists, and suggestions. *The Porn Trap* will help you to:

- Identify and evaluate the impact of porn
- Decide whether it’s time to quit using porn
- Learn how to stop using porn and deal with cravings
- Rebuild self-esteem and restore personal integrity
- Heal a relationship harmed by porn use, and
- Develop a thriving and satisfying sexual life without porn

Throughout the book are powerful real-life stories from everyday people from all walks of life who have struggled with porn and gotten out from under its influence. Their experiences show that no matter how bad things may seem, it is possible to change and eventually triumph over this increasingly common problem. With *The Porn Trap*, Wendy and Larry Maltz provide a unique blend of help, hope, and healing for all who want to move away from porn, improve their lives, and create genuine intimacy with a partner. --This

text refers to an out of print or unavailable edition of this title.

I am a licensed independent clinical social worker and addictions professional working in a unique environment. I have noticed the significant increase of clientele who have entered our institution with not only a pornography addiction, but it had escalated into viewing of child porn. I have decided to develop an educational course solely for our pornography addicts and purchased three books to review. "The Porn Trap" is not only an excellent resource for those who are overcoming problems caused by pornography, it is a excellent resource for the actual development of my group; along with the educational DVD I purchased. I recommend this book to both professionals and clients!

I bought this book for my b/f that is trying to quit porn and he read a bunch in just a couple days and said he really likes it. Its such a relief to me!! And i looked for this book b/c as part of my homework in my human sexuality psychology college class, we had to read topics on the authors website and write about them. And i saw she has several books and it was exactly what i was looking for to help my b/f's and our situation. I havent read it yet but im looking forward to it.

My expectations when I bought the book was to learn about how pornography affects the dynamics of relationships. From a personal perspective I have used pornography and before I even picked up this book I knew that it affected how I interacted with other people because of guilt, shame, and the sexual objectivity I place on women. It was very enlightening to read about the many different situations individuals went through in the book. Pornography is a very scary thing and the stories in this book showcased the tragic impacts it has on people. Not only how it can result in a lost job, wife, or family, but many of these men use pornography as an outlet of intimacy and rob themselves and their wives of a fulfilling intimate relationship. It is very tragic to realize this because so many people will walk through life and not experience the abundance of joy that could come from that. I am not married, but I hope to experience that one day too. In today's culture I would recommend everyone read this if I could... God bless

I realize saying I love book like this is dubious at best. But Maltz understands the seduction of porn. As a clinician I am always on the look out for good resources and this is one.

This book has helped me cope with the discovery of my husband's porn usage. It is not only great for the addict, but also great for the partner. It validated a lot of the emotions I was feeling, helping

me to understand my own reaction, but also gave me insight into my husband's addiction. It explained a lot about the interactions in our marriage that I didn't even know were related to porn usage. If I had the knowledge in this book, I probably would have known before we even got married that he was addicted to porn just by watching his habits and attitude. Now it is helping me to have faith in my husband that he is no longer watching porn just by allowing me to understand what I should be watching for in our interactions and what types of warning signs I should be aware of if he begins to interact with porn again. I bought several books about this topic trying to find one that would help me understand and cope. This book is the best one that I've read. If you only buy one book, buy this one.

This book is amazing in discovering your own weak points as a porn addict. As adults, we really underestimate the power of porn exposure, but in reality, we are really trapped, and that's what this book will show you. Many thanks to the author who explained everything I needed to know about porn addiction.

A great way to approach a problem that NO ONE in the therapy field talks about. The content is Very nonjudgmental. I'm a therapist and have many male clients wrestling with this subject. The synthetic knowledge in my field has a very hands off approach to this topic and answer client's concerns with the tactic of normalization in attempt to not sound as (heaven forbid) moral. I think anyone with a concern about this subject, and all therapists, should read this book.

Great book From start to finish. Some of the Personal stories were a little scary to read, but its all real which is what makes them so impactful. I have been compulsive with porn for years, and just turning 30 has kind of giving me a gut check. Porn has taken me to some dark places, and this book definitely reminded me that they could always get darker. If you feel you may have a problem with porn or no someone who does, this book is a must. Can't guarantee that this will solve all of your problems, but it will sure as hell remind you that you are NOT alone. Crazy world we've made....

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