Resources for Overcoming Pronograph

**Books**

- Integrity Restored: Helping Catholic Families Win the Battle Against Pornography by Peter C. Kleponis, Ph.D.
- The Pornography Epidemic: A Catholic Approach by Peter C. Kleponis, Ph.D.
- Delivered by Matt Fradd
- Man to Man, Dad to Dad by Brian Caulfield
- 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
- Contrary to Love: Helping the Sexual Addict by Patrick Carnes
- Every Man’s Battle, Every Young Man’s Battle, and Preparing your Son for Every Man’s Battle by S. Arterburn and F. Stoeker
- Healing the Wounds of Sexual Addiction by Mark R. Laaser
- In the Shadows of the Net by Patrick Carnes
- Out of the Shadows by Patrick Carnes
- Pure Eyes by Craig Gross and Steven Luff
- Shattered Vows by Debra Laaser
- The Pornography Trap by Ralph H. Earle, Jr. and Mark R. Laaser
- 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.sexhelp.com](http://www.sexhelp.com): A site for those struggling with pornography use/addiction
- [www.chastityproject.com](http://www.chastityproject.com): A site promoting healthy chastity for young Catholics
- [www.catholicmodesty.com](http://www.catholicmodesty.com): A site promoting modesty in dress
- [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.fixthefamily.com](http://www.fixthefamily.com): A website that provides excellent advice on how to be effective Catholic husbands and fathers
- [www.pornnomore.com](http://www.pornnomore.com): A Catholic website information, prayers and witness talks for those struggling with pornography
- [www.settingcaptiveesfree.com](http://www.settingcaptiveesfree.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.safeeyes.com: A service that blocks questionable websites
• www.focusonthefamily.com: A website that provides Christian resources for parenting
• www.familysafemedia.com: A website that provides resources for protecting your family online
• www.newlifepartners.com: A support group for wives whose husbands are caught in the web of sexual addiction
• www.pureonline.com: An online sex and pornography addiction recovery resources site that utilizes online workshops
• www.nationalcoalition.org: A website for the National Coalition for the Protection of Children and Families
• www.freedomeveryday.org: Sponsored by L.I.F.E. Ministries (Living In Freedom Everyday), for sexual addiction recovery
• www.flrl.org/truefreedom.com: Sponsored by Archdiocese of New York, provides resources for overcoming pornography use
• www.awomanshalingjourney.com: Online resources, support groups, coaching for women whose husbands are porn addicted
• www.reclaimsexualhealth.com: Online educational program to help Catholics who are struggling with sexual addiction.

Links
• The King’s Men  http://thekingsmen.org/
• Crossing The Goal  http://www.crossingthegoal.com/
• FOCUS  http://www.focus.org/
• The Institute for Marital Healing  http://www.maritalhealing.com/
• Fathers For Good  http://www.fathersforgood.org/en/index.html
• St. Joseph’s Covenant Keepers  http://dads.org/
• Fix the Family  http://www.fixthefamily.com/
• Keystone Center  http://www.keystonecenterenu.net/

Support Groups
• Sexaholics Anonymous:  www.sa.org
• S-Anon International:  www.sanon.org
• Sex Addicts Anonymous:  www.saa.org
• Sex and Love Addicts Anonymous:  www.slaafws.org
• S-Anon International Family Groups:  www.sanon.org
• Recovering Couples Anonymous:  www.recovering-couples.org

Men’s Groups
• The King’s Men:  www.thekingsmen.org
• St. Joseph’s Covenant Keepers:  www.dads.org
• Promise Keepers:  www.promisekeepers.org
• That Man is You:  www.paradisusdei.org
• Knights of Columbus:  www.kofc.org

Men's Retreats
• Into The Wild Weekend: An outdoor skill-oriented weekend focused on providing men with experiences linked to a man's natural vocation of leader, protector, and provider - www.intothewildweekend.com.
• Samson Retreat: A healing retreat for men who have been physically, emotionally, sexually or spiritually abused - www.samsonretreat.com.

Counseling
Peter C. Kleponis, Ph.D., Comprehensive Counseling Services and The Institute for Marital Healing  101 W. Elm Street, Suite 320, Conshohocken, PA 19428, Phone: 610-397-0960 Individual and Marital Counseling offered in-person, by phone, by Skype