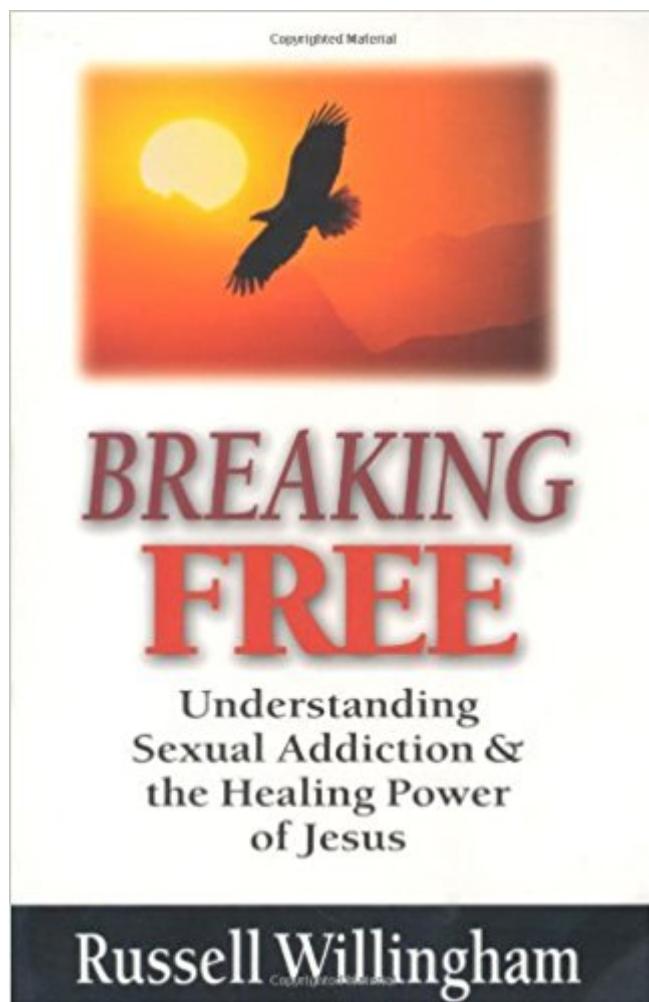


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# Breaking Free: Understanding Sexual Addiction & The Healing Power Of Jesus



## **Synopsis**

Our world is awash in sex. We are bombarded with it everywhere we turn--TV, newspapers and magazines, music, movies and the Internet. When this ever-present temptation mixes with human weaknesses and unmet needs, many get pulled into addiction to sexually sinful behavior. They may detest their own habits, but they can't seem to break free. Is there any hope? Russell Willingham speaks from his own experience and that of the many he has counseled. His answer? "Yes! There is hope. Jesus offers forgiveness and healing." True stories show how the principles in this book can be put into action. The essentials are spelled out in practical steps that can help people begin to break free. Willingham deals with such issues as what all addicts have in commonthe hunt of the malnourished heartwhere to find the courage to face the dark sidewrestling with shame and gracethe healing effect of radical honesty This realistic yet hopeful book offers a new way to see the world for every person who wants to understand and break free from sexual addiction.

## **Book Information**

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## **Customer Reviews**

Russell Willingham is executive director of New Creation Ministries, based in Fresno, California. He counsels, leads groups and speaks nationwide on issues related to sexual addiction. He has presented workshops at several annual conferences of Exodus International, at the American Association of Christian Counselors World Conference (2001) and at the AACC Superconference on Sexuality (2002). He is also a participant in AACC's video curriculum on healthy sexuality. He is an ordained minister with the Assemblies of God International Fellowship and works under the

supervision of Dr. Jonathan Olford, Ph.D. of the Link Care Counseling Center in Fresno, California.

I have the unique honor of knowing this author personally. He is a true man of God who has walked the walk. So, I was eager to read this book when I finally came to grips with my own addiction. Russell helped me to come to terms with the demons I had been wrestling with for over 35 years. Feelings of failure, inadequacies, worthlessness and more. More and more, I am allowing myself to actually believe I am worthy of God's favor, that I do not have to find self-worth in the comfort of a fantastical woman created for my own satisfaction and most importantly, that this addiction CAN be overcome. It's not easy work, but nothing worthwhile ever is. Once you are ready to be healed, this book and the its author is exactly what you need.

My husband got this book last week and it has made a huge impact on his life. He is able to discover why he had problems with addiction and how to prevent future addiction. He is realizing things from his past that influenced addiction and we are working together to find ways to prevent our children from struggling with these temptations. The author is straight to the point and brutally honest. I would definitely recommend this book to anyone who has or is having trouble with pornography addiction.

While this book is not for everyone, it does a good job of assessing the cause of, analyzing the effects of, and providing an effective course of action for dealing with sexual addiction. My only small complaint is with the vocabulary level. While it is intellectually stimulating and makes for great descriptions, I was reading through this book with someone whose vocabulary was quite challenged.

One of the best books on sexual addiction. It gets to the root of why a sex addict does what he does. It is written from a true Christian perspective and is a great way for the church to introduce sexual recovery to the body. Since many churches do not believe that sexual addiction is a true addiction, i.e. just another sin or bad habit, having a Christian author point out this fallacy is very helpful. Many Christians will not read secular authors like Patrick Carnes so this book will help a huge demographic that is currently living in total denial. A good book to hand that brother in church who likes to give the sisters "hugs" every Sunday morning. Or one to give to your husband who has a problem with internet porn.

OK, for anyone who is needing clear information about the struggle with sexual addiction, this is the book to read. My perspective has changed so much, as I have been able to not only understand my husband and his struggle better, but I also have much more compassion vs. anger and resentment. If you are needing help getting freedom from sexual addictions, or just needing to understand it, this is the perfect book for you. The section on background family and coping was particularly insightful and freeing for my husband and I to walk through together. A must read, if you are willing to look at yourselves honestly and if you really desire to see change take place. So thankful for the Christian perspective, as this is the most neglected sin dealt with in the church even though nearly half of the men in the church are dealing with this sin addiction.

Russell has taken years of experience working with addicts and boiled it down to the core process of breaking free of addiction, not just managing it. This book is one to read through quickly the first time then go back through with highlighter and notebook to really get everything it has to offer. It has been a HUGE part of my personal journey pursuing freedom.

"Excited" doesn't seem to be the right word to use in preparing to dive in to this book. But since this is part of my counseling and recovery process, I am looking forward to it. It's also great to be right in the same area as the author and the ministry, and to be using this as a guide will be a healthy pursuit.

Great for my purposes.

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