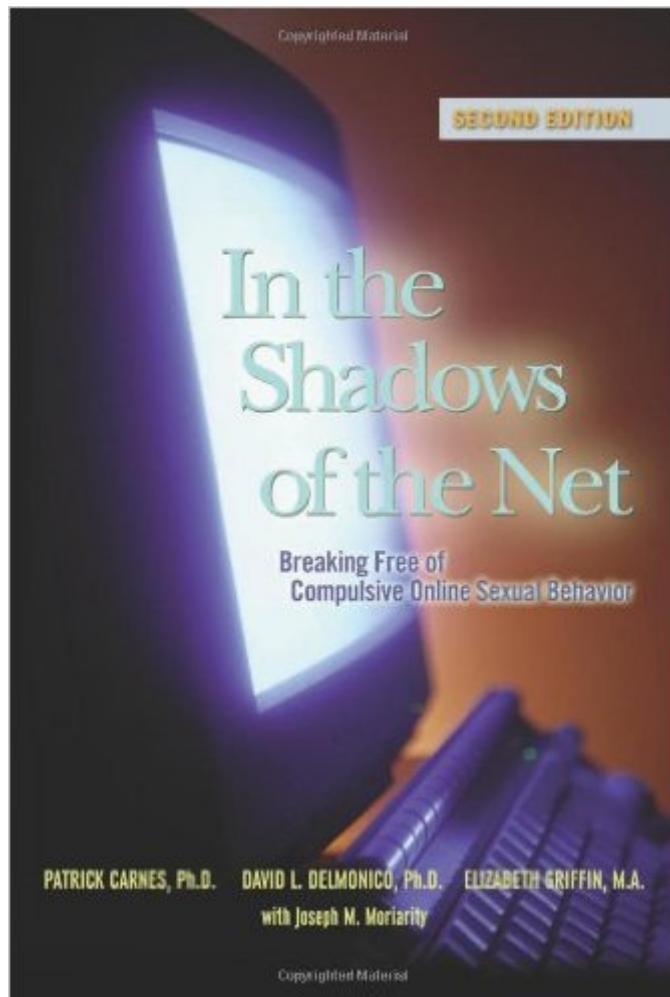


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In The Shadows Of The Net: Breaking Free Of Compulsive Online Sexual Behavior



Synopsis

As the Internet becomes a more powerful, imposing force in our lives, indeed becoming difficult to avoid, the potential for related problems also increases. This includes troubles of a sexual nature. When accessing porn no longer requires even a trip to the store, when we can view and participate in sexual activities anonymously, when younger and younger children are being exposed to sex online, when virtual interactions take over, limiting and even destroying real-time relationships, we are in crisis. Compulsive online sexual behavior is a real and growing problem. Yet the situation is not without hope. For those who are seeing signs of significant online problems in themselves or a loved one, this updated second edition of *In the Shadows of the Net* provides answers, understanding, and tools for recovery. With the latest statistics, discussion of recent technologies and devices, and new thinking on developing a healthy relationship with the Internet and avoiding relapse, this book offers authoritative, professional advice for achieving lasting, healthy change and healing.

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Customer Reviews

There is controversy over where the line is between erotica and pornography. The word "pornography" is derived from two Greek words meaning "prostitute" and "writing." "Erotica" is derived from the Greek word "eros," meaning romantic and sexual love. There are gray areas, but generally pornography is considered to involve behavior that is degrading to one or more of the participants, behavior that most people would not engage in unless they were paid, coerced, or

forced to do so. The difference between the person who occasionally enjoys erotica and the person who is addicted to pornography is like the difference between the moderate drinker and the alcoholic. Pornography addicts find themselves unable to moderate their use to the point where jobs and marriages are lost. While some sex therapists recommend the use of erotica to revive a couple's sex life, I have already encountered two people who got so addicted to pornography that they stopped having sex with their partners. In both cases the partners were reasonably attractive and receptive. Carnes explains that pornography addicts are trying to recapture the intoxication of young love. Just as the heroin addict develops a tolerance to the drug and keeps increasing the dosage chasing the euphoria of the initial experience, the pornography addict finds an escalating need of more and more time online to reach the same high. Carnes tells how to distinguish the recreational user of online porn from the compulsive user who finds it difficult, if not impossible, to control the use of the Internet for sexual activities. He estimates that there are about 20 million people in the latter category. I imagine that pornography has been around in some form since humans learned to draw pictures.

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