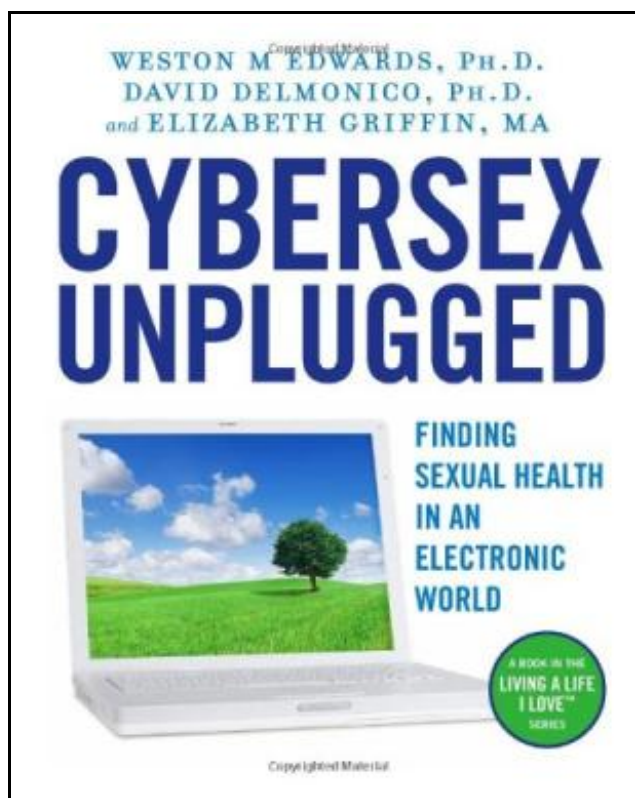# Cybersex Unplugged: Finding Sexual Health in an Electronic World

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Reviews

Most of these pdf is the perfect ebook available. It is actually rally intriguing throgh reading period. I am pleased to explain how this is actually the greatest ebook we have read within my personal life and might be he finest publication for actually.
(Prof. Dario Lang)

CYBERSEX UNPLUGGED: FINDING SEXUAL HEALTH IN AN ELECTRONIC WORLD

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Createspace, United States, 2011. Paperback. Book Condition: New. 252 x 202 mm. Language: English . Brand New Book ***** Print on Demand *****.How do you know if you have a cybersex problem? What do you do about it if you do? Maybe someone you care about is struggling with cybersex. This workbook builds on our experience in sexual compulsivity to focus on the nuances of Internet sexual compulsivity. We break down the complex elements of treating cybersex problems into the basic elements for the individual to address. We also highlight issues unique to cybersex including topics such as: psychology of the Internet, cybersex user categories, and understanding, assessing, and managing your Internet use. The three of us represent over 50 years of clinical and research work. One way to help determine if a behavior is problematic is to take a self administered screening test. The Internet Sex Screening Test (included in the workbook) has been taken by thousands of individuals and can be used to help gauge how problematic your online sexual behavior may be. People who exhibit problematic sexual behavior on the Internet tend to fall into one of the three groups: Discovery Group: those who have no previous problem with online sex or any history of problematic sexual behavior. Predisposed Group: those who have had their first out-of-control sexual behavior on the Internet while obsessing over unacted-on sexual fantasies and urges. Lifelong Sexually Compulsive Group: those whose out-of-control sexual behavior on the Internet is part of an ongoing and severe sexual behavior problem. Through this book, you will have opportunities to examine your online sexual behaviors and assess the level of compulsiveness, address related treatment issues to your cybersex behaviors, and develop plans to find sexual health in an electronic world. We hope you find this workbook useful...

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