



## Breaking Free of the Web: Catholics and Internet Addiction

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By Kimberly Young, Patrice Klausing

Servant Books, United States, 2007. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. It is our hope that this book will offer a foundation, based on fact and faith, which will empower the reader to seek the help he or she needs. We call it a foundation because research has consistently shown that breaking free of addictive patterns or coping with the addiction of a loved one requires additional support, one that involves a network of people including professional counselors and structured groups. From the Introduction Are you or a loved one addicted to the Internet? Do you sit for hours and hours in front of a computer screen, surfing the Web at the expense of your mental and emotional health? Are your addictive behaviors jeopardizing your job and putting you and your family at risk? Has your ability to socialize with others diminished? Are you ashamed and concerned about the Web sites you are visiting regularly? Do you want to stop your addictive behavior? Dr. Kimberly Young and Sister Patrice Klausing want to help you. They ve written the ultimate guide for Catholics who seek to break an addiction to the Internet. With...



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