



# **In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior**

*Patrick J. Carnes, David L. Delmonico, Elizabeth Griffin*

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Written from the perspective of a cybersex addict, this book reveals the consequences of an addiction to online sex. Personal stories demonstrate the path from addiction to recovery, and specific recovery strategies, including an adaptation of the 12-step plan, are offered.

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