



# Breaking Free: Understanding Sexual Addiction & the Healing Power of Jesus

*Russell Willingham*

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## **Breaking Free: Understanding Sexual Addiction & the Healing Power of Jesus** Russell Willingham

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 common
- the hunt of the malnourished heart
- where to find the courage to face the dark side
- wrestling with shame and grace
- the 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.

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