

TITLE — RESOURCE		TYPE	WEB ADDRESS	APPROPRIATE AUDIENCE					
				PARENTS	CLERGY	YOUTH	MEN	WOMEN	SPOUSES
<i>Be a Man</i> — by Lany Richards		Book			✓		✓		
<i>Be Healed</i> — by Dr. Bob Schuchts		Book		✓	✓		✓	✓	
<i>Beyond the Birds and the Bees</i> — by Greg Popcak		Book		✓	✓				
<i>Boys to Men</i> — by Tim Gray and Curtis Martin		Book		✓					
<i>Breaking Free: 12 Steps to Sexual Purity</i> by Stephen Woods		Book			✓		✓		
<i>Contrary to Love: Helping the Sexual Addict</i> by Patrick Cames		Book			✓		✓	✓	✓
<i>Delivered</i> — by Matt Fradd		Book		✓			✓	✓	✓
<i>Every Man's Battle</i> — by Stephen Arterburn and Fred Stoeker		Book		✓	✓		✓		
<i>Every Young Man's Battle</i> by Stephen Arterburn and Fred Stoker		Book		✓	✓	✓			
<i>Forged</i> — by Jason Evert and Matt Fradd		Book					✓		
<i>Good Pictures, Bad Pictures Jr: A Simple Plan to Protect Young Minds</i> — by Kristen A. Jensen		Book		✓	✓	✓			
<i>Good Pictures, Bad Pictures: Pom-Proofing Today's Young Kids</i> by Kristen A. Jensen		Book		✓	✓	✓			
<i>Healing the Wounds of Sexual Addiction</i> — by Mark R. Laaser		Book			✓		✓	✓	
<i>In the Shadows of the Net</i> — by Patrick Cames		Book			✓		✓	✓	
<i>Integrity Restored: Helping Catholic Families Win the Battle Against Pornography</i> — by Peter C. Kleponis, Ph.D.		Book		✓	✓		✓	✓	
<i>Integrity Starts Here! A Catholic Approach to Restoring Sexual Integrity</i> — by Peter C. Kleponis, Ph.D.		Book			✓		✓	✓	
<i>Out of the Shadows</i> — by Patrick Cames		Book			✓		✓	✓	

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<i>Preparing your Son for Every Man's Battle</i> by Stephen Arterburn and Fred Stoeker	Book		✓	✓				
<i>Pure Eyes</i> — by Craig Gross and Steven Luff	Book			✓		✓	✓	
<i>Restored: True Stories of Love and Trust After Pom</i> by Matt Fradd	Book					✓	✓	✓
<i>Restoring Trust: A Couple's Guide to Getting Past Pom</i> by Peter C. Kleponis, Ph.D.	Book					✓	✓	✓
<i>Shattered Vows</i> — by Debra Laaser	Book						✓	✓
<i>The Pom Myth</i> — by Matt Fradd	Book		✓	✓		✓	✓	
<i>The Pomography Epidemic: A Catholic Approach</i> by Peter C. Kleponis, Ph.D.	Book		✓	✓		✓	✓	
<i>The Pomography Trap</i> by Ralph H. Earle, Jr. and Mark R. Laaser	Book		✓	✓		✓	✓	
<i>Theology of the Body for Beginners</i> — by Christopher West	Book		✓			✓	✓	✓
<i>TOB for Tots</i> — by Monica Ashour	Book		✓					
<i>Treating Pomography Addiction: The Essential Tools for Recovery</i> — by Dr. Kevin B. Skinner	Book			✓		✓	✓	
<i>Treating Trauma from Sexual Betrayal: The Essential Tools for Healing</i> — by Dr. B. Kevin Skinner	Book			✓				✓
<i>Wired for Intimacy: How Pomography Hijacks the Male Brain</i> — by William M. Struthers	Book			✓		✓		
<i>Wonderfully Made! Babies: A Catholic Perspective on How and Why God Makes Babies</i> — by Ellen Giangiordano	Book		✓		✓			
<i>Your Sexually Addicted Spouse</i> — by B. Steffens and M. Means	Book							✓
Bloom for Catholic Women	Program	https://www.BloomForCatholicWomen.com/					✓	✓
Envision: Theology of the Body for Middle School by Ascension Press	Program	https://AscensionPress.com/	✓		✓			
Fortify	Program	https://www.JoinFortify.com/				✓	✓	

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				PARENTS	CLERGY	YOUTH	MEN	WOMEN	SPOUSES
Integrity Restored Coaching Circle		Program	https://www.IntegrityCircleCoaching.com/	✓	✓		✓	✓	✓
Integrity Restored Informed: Equipped individuals, families, churches, and communities		Program	https://shop.stewardshipmission.com/collections/integrity-restored	✓	✓		✓	✓	✓
Pietra Fitness		Program	https://www.PietraFitness.com/				✓	✓	✓
Strive		Program	https://www.strive21.com/				✓		
Catholic in Recovery		Support Group	https://catholicinrecovery.com/				✓	✓	
Recovering Couples Anonymous		Support Group	https://recovering-couples.org/						✓
S-Anon International		Support Group	https://sanon.org/				✓	✓	✓
Sex Addicts Anonymous		Support Group	https://saa-recovery.org/				✓	✓	✓
Sex and Love Addicts Anonymous		Support Group	https://slaafws.org/				✓	✓	✓
Sexaholics Anonymous		Support Group	https://www.sa.org/				✓	✓	✓
Bark		Website	https://www.bark.us/	✓	✓				
Betrayal Trauma to Healing and Joy		Website	https://www.betrayaltraumatohealingandjoy.com/						✓
Canopy		Website	https://canopy.us/	✓	✓		✓	✓	
Catholic Psychotherapy Association		Website	https://catholicpsychotherapy.org/	✓	✓		✓	✓	✓
Defend Young Minds		Website	https://www.defendyoungminds.com/	✓					
Enough Is Enough		Website	https://www.enough.org/	✓					
Family Safe Media		Website	https://www.familysafe.com/	✓					
Fight the New Drug		Website	https://fightthenewdrug.org/		✓		✓	✓	

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Focus on the Family	Website	https://www.focusonthefamily.com/	✓					
Integrity Restored	Website	https://integrityrestored.com/	✓	✓		✓	✓	✓
Integrity Restored Blog Posts	Website	https://integrityrestored.com/blog/	✓	✓		✓	✓	✓
Integrity Restored Podcast	Website	https://integrityrestored.com/podcasts/	✓	✓		✓	✓	✓
Internet Sex Screening Test (ISST)	Website	https://integrityrestored.com/self-test-for-internet-pornography-addiction/	✓	✓		✓	✓	✓
International Institute for Trauma & Addiction Professionals	Website	https://iitap.com/		✓		✓	✓	✓
LifeStar Network	Website	https://lifestarnetwork.com/	✓			✓	✓	✓
National Center on Sexual Exploitation	Website	https://endsexualexploitation.org/		✓		✓	✓	
Pure Hope	Website	https://purehope.net/	✓					
Setting Captives Free	Website	https://settingcaptivesfree.com/		✓		✓	✓	
Sex Help	Website	https://sexhelp.com/		✓		✓	✓	
Theology of the Body Institute	Website	https://tobinstitute.org/	✓	✓		✓	✓	✓
Covenant Eyes <i>[Use promo code INTEGRITY30 for discount]</i>	Website	https://www.covenanteyes.com/	✓	✓		✓	✓	✓