

Community Resources

Should you be seeking treatment for issues pertaining to general hypersexuality (also called sex/porn addiction), the following list of community treatment providers, websites/podcasts, and books (available from Amazon) is offered for consideration:

Treatment Providers (general hypersexuality and/or infidelity)

- <http://www.bestco.info/>
- <https://www.psychologytoday.com/ca>

Books (general hypersexuality, infidelity, technology concerns)

- Mating in Captivity by Esther Perel
- State of Affairs by Esther Perel
- Ethical Porn for Dicks by David Ley
- Cybersex Unplugged by Weston Edwards, David Delmonico & Elizabeth Griffin
- Tell Me What You Want by Justin Lehmiller
- How to Break Up with Your Phone by Catherine Price

Podcasts/Websites

- The Psychology Podcast – Episode 142: The Science of Sexual Fantasies
- Savage Lovecast
- Where Should We Begin? (Esther Perel podcast)
- Justin Lehmiller website and podcast (<https://www.lehmiller.com/>)
- Scienceofarousal.com