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/](http://www.bestco.info/)
- [https://www.psychologytoday.com/ca](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/](https://www.lehmiller.com/))
- Scienceofarousal.com