



## Cybersex Unplugged: Finding Sexual Health in an Electronic World (Paperback)

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By Weston M Edwards Phd, David Delmonico Phd, Elizabeth Griffin Ma

Createspace, United States, 2011. Paperback. Book Condition: New. 252 x 202 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How do you know if you have a cybersex problem? What do you do about it if you do? Maybe someone you care about is struggling with cybersex. This workbook builds on our experience in sexual compulsivity to focus on the nuances of Internet sexual compulsivity. We break down the complex elements of treating cybersex problems into the basic elements for the individual to address. We also highlight issues unique to cybersex including topics such as: psychology of the Internet, cybersex user categories, and understanding, assessing, and managing your Internet use. The three of us represent over 50 years of clinical and research work. One way to help determine if a behavior is problematic is to take a self administered screening test. The Internet Sex Screening Test (included in the workbook) has been taken by thousands of individuals and can be used to help gauge how problematic your online sexual behavior may be. People who exhibit problematic sexual behavior on the Internet tend to fall into one of the three groups: Discovery Group: those who have no previous...



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