

A possible supplement to 12 steps program
Posted by feedtherightwolf - 25 Apr 2010 00:24

I took part in Candeo Can recovery program when I started early on in my recovery. It in and of itself was not enough to give me a long term sobriety, because I did not make God the number one authority in my recovery.

Nevertheless, the more I stick around 12 step groups I see more and more people that I think can benefit from it.

They use a cognitive therapy approach, and it presented in video format lectures by 2 PH.D's and a recovering porn addict Mark Kestleman, author of "The Drug of New Millennium" a pretty good book on pornography addiction.

They also have a free mini course that you can sign up for.

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