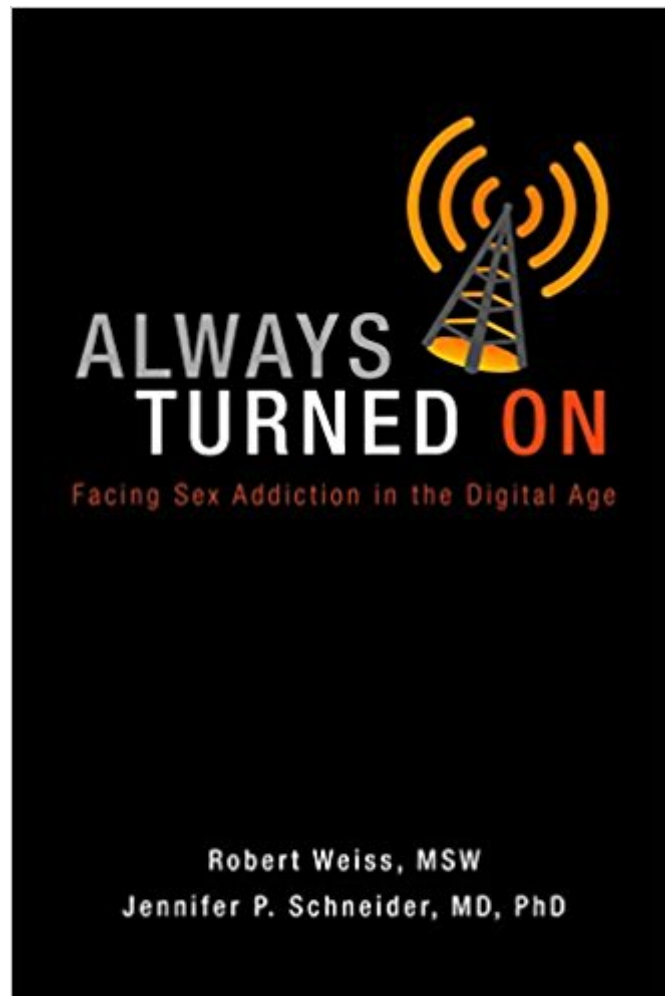




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# Always Turned On: Sex Addiction In The Digital Age



## Synopsis

Technology has significantly changed our world. Sexual imagery and encounters can now be accessed anywhere, anytime, using portable electronic devices. Users can generate a stream of graphic pornography, a wide variety of virtual sexual activities, and casual, anonymous, or paid-for sexual encounters with a click or a tap. Simply put, we have greater access to highly stimulating sexual content, and potential sexual partners, with much less built-in accountability. Porn addicts are especially vulnerable to the lure of digital technology and the seemingly endless array of stimulation it provides. Research suggests that cyber-porn addicts spend at least eleven or twelve hours per week online viewing porn. Today, all forms of sex addiction are technology driven; from porn websites to webcams to casual sex hook-up apps found on smartphones. Sex addicts organize their lives around the pursuit of sexual activity with self or others, spending inordinate amounts of time viewing and masturbating to porn or planning, pursuing, and engaging in sex acts. At the same time, they neglect important relationships, work, and personal responsibilities. Overwhelming feelings of guilt, shame, and remorse invade when the acting out ends. While it's complicated, recovery is possible. *Always Turned On* shows readers how to turn those temptations off while providing practical long-term solutions for recovery. Robert Weiss, MSW, is a therapist, international speaker, and regular blogger on Psych Central and the Huffington Post. Jennifer P. Schneider, MD, PhD, is a physician, international speaker, and the author of nine books.

## Book Information

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## Customer Reviews

Robert Weiss: Robert Weiss, MSW, LCSW, CSAT, is founding Director of The Sexual Recovery Institute (SRI), Los Angeles and Director of Sexual Disorders Services for Elements Behavioral Health, which includes The Ranch in Nunnally, TN, Promises Treatment Centers, and The Sexual Recovery Institute. A UCLA MSW graduate and trainee of Dr. Patrick Carnes, Mr. Weiss is author of *Cruise Control: Understanding Sex Addiction in Gay Men* (2005) contributing author of *Mending A Shattered Heart: A Guide for Partners of Sex Addicts* (2011) and co-author (with Dr. Jennifer Schneider) of both *Untangling the Web: Sex, Porn and Fantasy Addiction in the Internet Age* (2006) and *Cybersex Exposed: Simple Fantasy to Obsession* (2001) along with numerous peer reviewed articles and chapters. He is a media expert to CNN, The Oprah Winfrey Network, ESPN, Dr. Drew and The Today Show among many others. Mr. Weiss also has provided clinical training in the assessment and treatment of sexual addiction for the National Institutes of Health (NIH), the US military, and behavioral treatment centers throughout the United States, Europe, and Asia. He is a frequent speaker at large national and international addiction conferences. He writes a regular blog on [www.robertweissmsw.com](http://www.robertweissmsw.com), and has nearly 4,000 followers on Twitter.

Jennifer P. Schneider: Jennifer P. Schneider, M.D., Ph.D., is a physician certified in Internal Medicine, Addiction Medicine and Pain Management. She is the author of 9 books and numerous articles in professional journals. She is a compassionate professional committed to educating others in her fields of specialty. She is a nationally recognized expert in two addiction-related fields: addictive sexual disorders and the management of chronic pain with opioids. Aside from her own practice, her professional activities include writing; lecturing at conferences; serving as an expert witness in legal settings; and appearing as a media guest on television and radio. She is the author of *Back from Betrayal* (2004), and *Sex, Lies, and Forgiveness* (2001) and co-author of *Cybersex Exposed* (2001), *Disclosing Secrets* (2002), *The Wounded Healer* (1997), and *Surviving Disclosure* (2012).

Another solid voice cautioning us to how the internet is totally re-wiring our brains in so many areas. Quick read and accessible for people who may not have a strong background in psychology and neurosciences. Highly insightful.

I currently do the only internet radio show on sexual addiction and I believe *Always Turned On: Sex Addiction in the Digital Age* is currently the BEST book detailing how people can get seduced into these compulsive behaviors that wreak havoc in their lives. Not only is it well written, but it is a "one stop" for people who want to understand both the why's and the resources available to break free from this compulsive addiction. The *Cybersex Addiction Test* is especially helpful in self

diagnosing this problem. It is an absolute "must read" for clinicians who want training and clients who want to learn how to manage and create healing in their lives. Carol the Coach

Well, they've done it again: two esteemed leaders in the field of sex addiction treatment have combined their talents to co-author a timely book of great relevance to our modern culture. The great technological advances of the last few years have the capability of bringing people together like never before. Unfortunately this is not always for the better: sometimes a person can get lost in the sexual excitement digital technology can provide in abundance. This book covers all of the ways that high-tech culture can feed into the spiral of sexually addictive behavior, and then offers a map for a way out to true sexual health and human connection. This book is not anti-technology or anti-sex. It is instead pro-connection, pro-intimacy and pro-health. The authors do an excellent job describing the various avenues of technology-driven compulsive sexual behavior. They review how the constant and rapid changes in digital technology can create challenges to people who have never before had such potentially sexualized access to each other. They describe how some people go well past using technology to pursue sexual pleasure and novelty and enter the unending and unsatisfying cycle of sexual addiction. The book catalogs the kinds of problems that can develop, highlights some of the differences men and women can face, distinguishing sex addiction from love/romance addiction. It includes chapters that describe the impact of digital technology-driven sex addiction upon partners and families. But this is not just a book about problems. It offers real solutions for bringing healing and intimacy in place of disconnection and addiction. It offers many resources for help, provides advice and exercises to strengthen recovery, and answers many questions people have in this "new world" of digital access to a sexuality that can at times be overwhelming for some people. "Always Turned On" is a welcome addition to the arsenal of information and advice that is available to help people use digital technology in ways that are healthy, safe, boundaried and truly connected.

Authors Weiss and Schneider have written a book which is sure to be of interest to therapists, sociologists and those people entangled in the web. Subtitled "Sex Addiction in the Digital Age," Always Turned On is targeted at those who compulsively use the internet to meet their sexual needs, often in place of healthy sexuality in the context of a healthy relationship. In the Author's Note, Weiss and Schneider state the book is not "about morality, cultural beliefs, cultural norms or religion." The intended audience by inference is those who know they have a problem and want to change. The authors give examples in first person composites of those who have struggled with

problem behaviors including difficulties at work and home, family members being exposed to explicit pictures, expenditure of large sums to feed the online habit, behaviors leading to affairs both online and IRL, "in real life." In addition to laying the groundwork, the authors present excellent worksheets on boundary settings and give very useful resources for individuals and therapists. A further note from this reader. In their nuanced Author's Note, Weiss and Schneider, make no judgment about online pornography. They do mention numbers about the volume of Internet traffic devoted to sexual activity, but they don't mention the profits Internet providers reap from delivering porn. Porn is big business not only for the people who run websites, many of them offshore, but also major US corporations. Perhaps this topic is better left to an economic or sociological study, but many of the "performers" or "models" in the porn industry come from third-world countries where it appears they may not be free agents.

Both of these authors have made very useful contributions to the professional literature in the past, so I was not surprised when I was similarly impressed by *Always Turned On: Sex Addiction in the Digital Age*. One of the primary uses of the internet is to access pornography and as such there exists temptations, triggers, and other things which can cause an underlying problem to explode. Access to the internet in most countries is very broad. As the authors note, people who might not have felt at risk in the past can find themselves swept up into a very new set of challenges. This book has some useful background on both the internet and sex addiction, and also a great many practical ideas about how to both recognize problems and deal with them. It is professionally sound, but also clearly stated and has a great deal of common sense guidance and advice. This is a "must read" for behavioral health care professionals and also can be very useful as a reading assignment for clients. For those not seeking help yet but who recognize a possible problem, my advice is to at least read this book and do some thinking. This is a book I will give to some friends, but will also use as a clinical psychologist. It is now listed in my bibliographies of work on sexual compulsivity, but also on the challenges of our electronic world.

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