

## RESOURCES

### Books

The Porn Myth – Matt Fradd  
Clean – Douglas Weiss  
At the Altar of Sexual Idolatry – Steve Gallagher  
Man of God – Jack Graham  
Men's Secret Wars– Patrick A Means  
Worthy of Her Trust– Jason Martinkus  
Unwanted – Jay Stringer  
Every Man's Battle – Steve Arterburn  
Sex, Men and God – Douglas Weiss  
Out of the Shadows– Patrick Carnes  
A Gentle Path Through the 12 Steps – Patrick Carnes  
Healing the Masculine Soul – Gordon Dalbey  
The Enemy Within –Kris Lundgaard  
Pure Desire - Ted Roberts  
Surfing for God - Michael John Cusick

### Podcasts

The Naked Gospel  
God's Glory in Men's Real Stories  
Porn, Betrayal, Sex and the Experts  
The Living Truth Podcast  
Sex, Love and Addiction with Dr. Rob  
Faithful and True Podcast  
Man Within Podcast  
Power of Purity  
Men in the Arena  
Undone Redone  
Wild at Heart

### Highly Recommended

Proven Ministries  
<https://www.provenmen.org/>  
  
Grace Church Sermon Series:  
Refocus - Examining God's Moral Vision  
<https://gracechurch.us/series/refocus>  
<https://www.thesextalk.com>

### Local Counseling

Traders Point recommended counselors  
<https://tpcc.org/counseling>

New Hope Counseling  
[counseling@newhopeindianapolis.org](mailto:counseling@newhopeindianapolis.org)  
317-983-5281

East 91st Street Church Counseling Staff  
<https://www.e91church.com/counseling/>  
317-849-1261

Brian Mulder, Recovery coach  
[briankmulder@gmail.com](mailto:briankmulder@gmail.com)

Charlie Bowman  
Gestalt Institute Therapist  
317-670-9202

Living Truth  
<https://living-truth.org/>

New Day Recovery  
<https://thenewdaycenter.com/>

Dr. Angela Marshall  
812-345-5114  
Dr Paul McDaniel 317-578-9200

### Community resources

Heart of A Man, [heartofaman.org](http://heartofaman.org)

Brothers in the Light.  
Contact: Doug Grasso,  
[djgrasso21@gmail.com](mailto:djgrasso21@gmail.com)

The Living Truth  
<https://living-truth.org/cary/>

The 180 Exchange - E91st St. Church  
Sex Addicts Anonymous  
[www.indiana-saa.org](http://www.indiana-saa.org)

Title	Author		
<a href="#"><u>Help them Heal - Teaching you both how to heal your relationship after sexual betrayal.</u></a>	Carol Jurgenson-Sheets	<a href="#"><u>Attachments - Why you love, feel and act the way you do</u></a>	Dr. Tim Clinton and Dr. Gary Sibcy
<a href="#"><u>Help Her Heal - An empathy workbook for sex addicts to help their partners heal</u></a>		<a href="#"><u>Rewire your Heart: replace your desire to sin with a desire for God</u></a>	David Bowden
<a href="#"><u>Going Deeper; How the inner child affects your sexual addiction</u></a>	Eddie Capparuci	<a href="#"><u>The Sex Talk You Never Got - Reclaiming the heart of masculine sexuality</u></a>	Sam Jolman
<a href="#"><u>Altogether You- Experiencing personal and spiritual transformation with Internal Family Systems therapy</u></a>	Jen Riersma	<a href="#"><u>Running on Empty: Overcome your childhood emotional neglect</u></a>	Jonice Webb
<a href="#"><u>In the Realm of Hungry Ghosts - Close Encounters with Addiction</u></a>	Gabor Mate	<a href="#"><u>Of Boys and Men: Why the modern males is struggling, why it matters, and what to do about it.</u></a>	Richard Reeves

[Mans Search for  
Meaning](#)

Viktor  
Frankl

[Attachments - Why  
you love, feel and  
act the way you do](#)

Dr. Tim  
Clinton  
and Dr.  
Gary Sibcy

[Desires in Conflict;  
Hope for men who  
struggle with  
sexual identity](#)

Joe Dallas

[From Strength to  
Strength - Finding  
Success,  
happiness, and  
deep purpose in  
the second half of  
life](#)

Arthur  
Brooks

[Change of  
Affection - A Gay  
Man's Incredible  
Story of  
Redemption](#)

Becket  
Cook (and  
Francis  
Chan)

[Changes that Heal](#)

Henry  
Cloud

[No More Mr. Nice  
Guy - a proven  
plan for getting  
what you want in  
love, sex and life.](#)

Robert  
Glover

[How to Know a  
Person; The art of  
seeing others  
deeply and being  
deeply seen](#)

David  
Books

## Recovery ResourcesPodcast Shows

[Java with Julie - Authentic Intimacy and Julie Slattery](#)

[The Locker Room - Southland Christian Church](#)

[PSR Radio - Jonathan DoughertyPure Desire Podcast](#)

## Podcast Episodes

[The Mel Robbins Podcast - March 20, 2025; Your guide to better sex, intimacy, and love from a world-class leading sex therapist.](#)

[The Mel Robbins Podcast - March 24, 2025; Why you feel lost in life; Dr. Gabor Mate on Trauma and How to Heal](#)

## Weekend Retreats

EMB:

<https://newlife.com/events/category/intensives/every-mans-battle-events/>

Great Banquet

<https://lampstand.net/great-banquet/>

(multiple Indy Locations)

Discipleship Walk (Northview Church)

[https://northviewchurch.us/discipleship walk](https://northviewchurch.us/discipleship-walk)

Weekend to Remember (for couples)

[www.familylife.com/weekend-to-remember](http://www.familylife.com/weekend-to-remember)