

# Brothers in the Light Recovery Resource Guide

## 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/courses/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)

## Additional Books

- • [Help them Heal](#) - Carol Jurgenson-Sheets
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- • [Going Deeper](#) - Eddie Capparuci
- • [Altogether You](#) - Jen Riersma
- • [In the Realm of Hungry Ghosts](#) - Gabor Mate
- • [Attachments](#) - Dr. Tim Clinton and Dr. Gary Sibcy
- • [Rewire your Heart](#) - David Bowden
- • [The Sex Talk You Never Got](#) - Sam Jolman
- • [Running on Empty](#) - Jonice Webb
- • [Of Boys and Men](#) - Richard Reeves
- • [Man's Search for Meaning](#) - Viktor Frankl
- • [Desires in Conflict](#) - Joe Dallas
- • [Change of Affection](#) - Becket Cook (and Francis Chan)
- • [Changes that Heal](#) - Henry Cloud
- • [No More Mr. Nice Guy](#) - Robert Glover
- • [How to Know a Person](#) - David Brooks
- • [From Strength to Strength](#) - Arthur Brooks

## Recovery Resources Podcast Shows

- • [Java with Julie - Authentic Intimacy and Julie Slattery](#)
- • [The Locker Room - Southland Christian Church](#)
- • [PSR Radio - Jonathan Dougherty](#)
- • [Pure 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/>
- • Discipleship Walk (Northview Church) - <https://northviewchurch.us/discipleshipwalk>
- • Weekend to Remember (for couples) - <https://www.familylife.com/weekend-to-remember/>