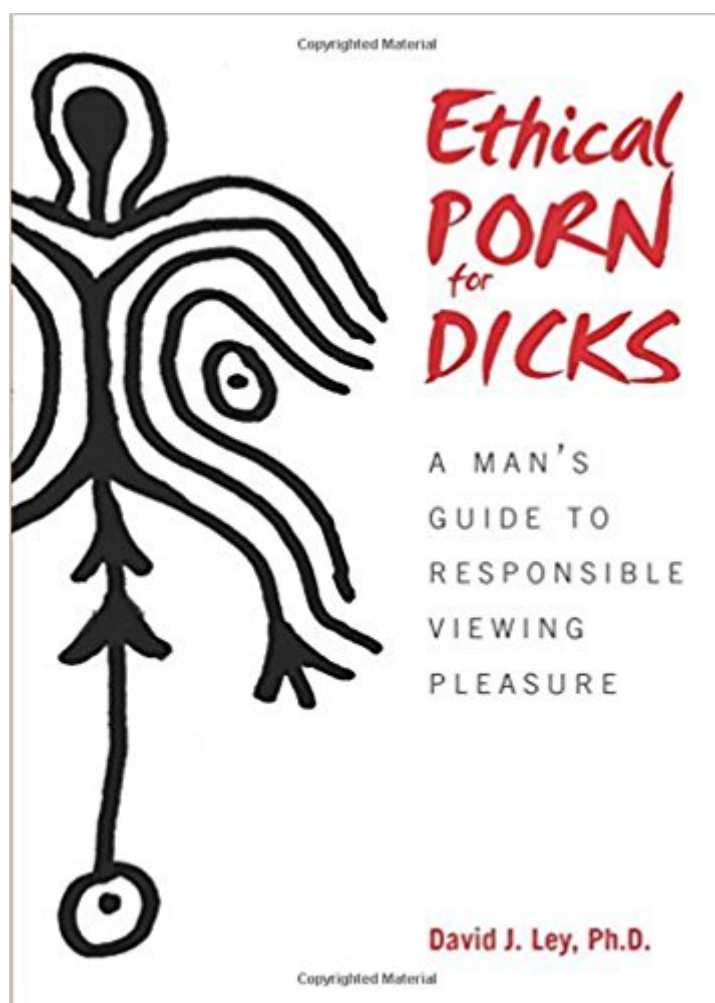


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# Ethical Porn For Dicks: A Man's Guide To Responsible Viewing Pleasure



## Synopsis

Our media is filled with confusing, polarizing messages about the dangers of porn, while at the same time sexually explicit images are pronounced in advertising and entertainment. Using a natural question/answer format for people feeling fear and shame about porn use, this accessible, funny, and well-informed book is the first one to offer men a nonjudgmental way to discover how to view and use pornography responsibly. David J. Ley, PhD, is an internationally recognized expert on issues related to sexuality and mental health. He has authored two books, published in the Los Angeles Times and Playboy, and appeared on television with Anderson Cooper and Dr. Phil.

## Book Information

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## Customer Reviews

"There's a lot of screaming, yelling, and smut-shaming out there about porn. David Ley's reasonable, calm, informed writing about porn should be read by anyone interested in porn -- and it should be required reading for anyone tempted to legislate about it." • Dan Savage • "An important book for men of all ages, written by an expert in men's (and couples') sexualities." • Debby Herbenick, PhD, president-elect of AASECT "David Ley's voice brings much-needed nuance to some of the most important conversations occurring about pornography today." • Pornhub "David Ley takes a refreshingly honest look at societal consumption of erotic media, and the resulting porn panic. He cuts through the BS, and facilitates a frank discussion of who looks at porn, why they do it, and what happens when they do. You won't find any pandering or political correctness here. This book is for those who want to confront the issue head on, to gain a real understanding about

people, porn, and culture." • Larry G. Walters, First Amendment Attorney, Free Speech Advocate "Part insightful resource, part informal conversation, and wholly useful as a guidebook, Ethical Porn for Dicks provides an in-depth and practical exploration in to each of the issues. It does so through various methods • including bullet pointed summary sections and questions which prompt self-reflection • but perhaps the most effective method is David's own writing style, which makes for an incredibly easy and enjoyable read." • Emmeline Peaches Reviews "There's a lot of screaming, yelling, and smut-shaming out there about porn. David Ley's reasonable, calm, informed writing about porn should be read by anyone interested in porn -- and it should be required reading for anyone tempted to legislate about it." • Dan Savage • "An important book for men of all ages, written by an expert in men's (and couples') sexualities." • Debby Herbenick, PhD, president-elect of AASECT "David Ley's voice brings much-needed nuance to some of the most important conversations occurring about pornography today." • Pornhub "David Ley takes a refreshingly honest look at societal consumption of erotic media, and the resulting porn panic. He cuts through the BS, and facilitates a frank discussion of who looks at porn, why they do it, and what happens when they do. You won't find any pandering or political correctness here. This book is for those who want to confront the issue head on, to gain a real understanding about people, porn, and culture." • Larry G. Walters, First Amendment Attorney, Free Speech Advocate "Part insightful resource, part informal conversation, and wholly useful as a guidebook, Ethical Porn for Dicks provides an in-depth and practical exploration in to each of the issues. It does so through various methods • including bullet pointed summary sections and questions which prompt self-reflection • but perhaps the most effective method is David's own writing style, which makes for an incredibly easy and enjoyable read." • Emmeline Peaches Reviews

David J. Ley, Ph.D., is an internationally-recognized expert on issues related to sexuality, pornography and mental health. He has appeared on television with Anderson Cooper, Katie Couric, Dr. Phil and has been in publications ranging from the LA Times and the London Telegraph, to Playboy and HUSTLER magazines. Dr. Ley has published extensively in both the academic and • pop • realms of literature. His two books, The Myth of Sex Addiction (2012) and Insatiable Wives (2009) were revolutionary explorations of sexual issues which blended a powerful client-centered narrative with a rich understanding of psychology, biology, and sociology. Dr. Ley has been treating sexuality issues throughout his career. He first began treating perpetrators and victims of sexual abuse, but expanded his approach to include the fostering and promotion of

healthy sexuality, and awareness of the wide range of normative sexual behaviors. *Insatiable Wives* is his first book and won a Silver Medal in the Foreword Magazine Book of the Year contest for 2009. Dr. Ley wrote *Insatiable Wives* following two years of interviews with couples around the country. His controversial second book, *The Myth of Sex Addiction* was released in March 2012, challenging the concept of sexual addiction and exploring a different model of male sexuality. *The Myth of Sex Addiction* triggered a firestorm of debate, allowing people to finally challenge the media hype of this pseudo-disorder. Dr. Ley is a practicing clinical psychologist and he directs an addiction recovery clinic in Albuquerque, NM.

This book is quite possibly one of the most important things I have come across in my personal life. It was extremely approachable and answered a ton of questions I had kicking around in my head for years that made me feel extreme amounts of shame and self hatred. Pornography use is an insanely touchy concept in life, and this book covers a wide range of topics and questions to help men like myself better understand themselves. If you have questions about porn use in your own life or you cannot come to terms with someone in your life who uses porn, you really need to do yourself a favor and read this. It will probably make you feel an extraordinary amount of relief and allow you to enjoy your sexuality versus being slowly destroyed by it.

Before reading this book I had fallen into a pattern in recent months of beating myself up for giving in to the urge to masturbate twice a day, and using all kinds of non-productive tactics in an attempt to phase it out of my life. After reading *Ethical Porn For Dicks* I feel like I can finally channel my desire for self-improvement into the areas of my life that need it, and not lose all faith in myself just for having an orgasm. The advice is very practical, and doesn't just tell you what you want to hear - it offers actual solutions. The writing is very compassionate and I hope it continues to help the many people who need it, instead of listening to unhelpful shame tactics

This book I needed for a course at my University. So glad my Professor assigned it. Also got to speak to the author during class. Very good

Finally, a rational and empirically-supported discussion about pornography use. Promotes sexual responsibility without sacrificing sexual pleasure. Well done, David Ley

David Ley has written an outstanding book based in reality about porn that invites the reader into a

self examination of modern life and relationships that include pornography. I will be adding it to the list of resources I tell my clients to read. When it comes to shame and fear around the use of porn and helping men understand that it is about finding congruence within their beliefs and their actions that is sexual integrity. That sexual integrity involves challenging both our behaviors and our beliefs and the underlying assumptions. It not only challenges but also educates.

I was pleasantly surprised when I received "Ethical Porn For Dicks" in the mail and saw the size of the book. It feels very approachable and something I could read in a short amount of time by myself or with my partner. Many books claim to be a guide but ultimately offer you with a long book of theory and speculation. This guidebook offers straightforward, factual and helpful information guiding you through developing an ethical relationship with porn and with your partner (if you are in a relationship). David's style of writing is accessible to the most general of audiences but extremely savvy for the specialized experts in this field. I highly recommend adding this book (as well as his other books) to your personal and professional libraries.

I am a Licensed Marriage and Family Therapist and Certified Sex Therapist who lives in the conservative state of AZ. I often see heterosexual men, currently active in their faith or with religious backgrounds, who deeply struggle with their relationship to porn and its consequences. Most of these men (and their wife's/girlfriends) have identified with the label of "Sex Addict" or "Porn Addict" because that's the dominant paradigm that's available to them to make sense of it all. Dr. Ley offers a much larger perspective on porn, providing readers with useful resources for examining ones own values and beliefs about porn. He helps the reader re-examine his/her relationship to porn in a personally responsible, compassionate and honest way. Dr. Ley empowers men to liberate themselves from the struggle and become men of integrity on their own terms. Ethical Porn for Dicks has become my #1 resource for these men and their wives/girlfriends. It reads as though Dr. Ley is sitting comfortably in your living room, talking about porn with ease, appreciation and humor (free from judgment or authoritarianism). Dr. Ley has a gifted way of normalizing the intense shame and secret lives of the men who struggle with porn. Thank you Dr. Ley for bringing us such a valuable, and MUCH NEEDED resource!!

This is a well written, sometimes even fun to read, guide and analysis of porn as it is today. Interspersed among the writing are photos of primitive cave drawings, or ancient pics of what the author seems to feel is porn. What he seems to forget is that these pics of oversized genitals or

ancient copulating couples are not the same as a vast industry consisting mainly for making money. Indeed, famous "pornographers" of the past, like deSade, Lawrence, or Miller never could have been exposed in a lifetime to pics and movies of real performers on a level today that any slightly tech savvy 10 year could view in a few hours. Or that the product would be marketed in "family friendly" places like malls. We've come a long way from 1950's Playboy to the nearly non-stop exhibition of the product today, in nearly every media out there. Still, this is not a bad read, and the author has some fun, enjoying his lively and controversial topic. If you're addicted to the stuff, probably a good way to relieve whatever anxieties you may have. Still we've come a long from cave drawings and "Lady Chatterley's Lover" to today's product. And that's what it is, a product, marketed like just about any other, but generally in a more private space.

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