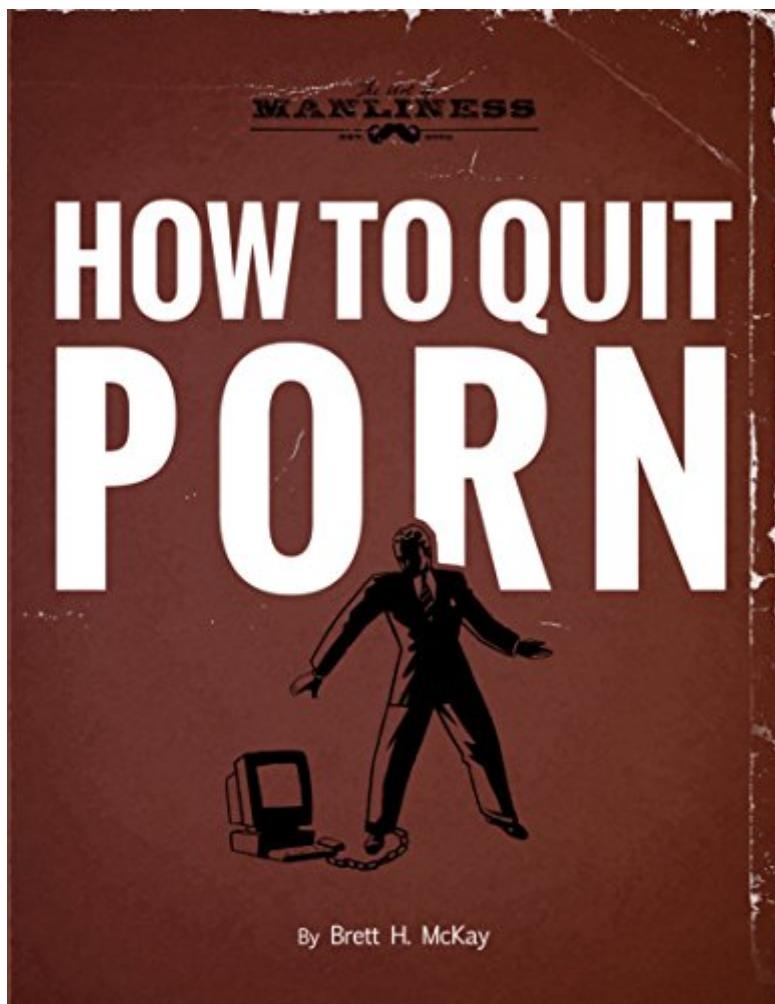


The book was found

## How To Quit Porn



## **Synopsis**

Would you or someone you know like to quit the porn habit? Have you tried to quit porn before, only to find yourself caught in a demoralizing cycle of abstinence and relapse? Are you seeking to better understand why you look at porn, and have been searching for a resource that offers a balanced, level-headed, research-backed, non-religious approach to the subject? If so, this is the book for you. In *How to Quit Porn* we take a look at the science of porn to uncover what makes it so alluring, the possible pitfalls of consuming too much, and how to kick the habit for good. By understanding the neurological and psychological effects of porn, you'll be in a better position to confidently tackle and overcome your attraction and dependence on it. This book does not include hokey language, overly pat solutions, grandiose promises, or useless finger wagging. Instead, it's packed with accessible, easy to understand information and a practical, research-backed action plan, that, rather than magically "curing" you of your habit, will simply help you become the kind of guy who doesn't need to look at porn anymore. If that's the guy you want to become, what are you waiting for? Pick up your copy of *How to Quit Porn* today.

## **Book Information**

File Size: 989 KB

Print Length: 86 pages

Page Numbers Source ISBN: 098919034X

Publisher: Semper Virilis Publishing; 1 edition (August 13, 2015)

Publication Date: August 13, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B013XK4982

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #223,095 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #57

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Sexual

Addiction #109 in Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #511

## Customer Reviews

The author has succeeded in keeping his readers informed and educated specifically on how our mind is altered by the force of doing porn. Many aspects of impact as well as resolution are laid with proper citation. In summary, a short, enjoyable read in leaving readers a ton of useful information.

I'm a fan of Brett McKay's work and regardless of one's relationship with porn, I feel like this book gives excellent insight on the potential problems associated with the internet porn habit. I appreciate the references to other materials on the subject, too.

excellent product

Excellent book! Very encouraging!

It's has a lot of good information

Quick and easy read.

This book helped me sort through a lot of issues I was facing while battling an addiction. It puts things into perspective without using large words and gives you some fundamentals to understand / choose if you think porn is bad or not. Granted the author swings more towards it being bad and explains to you why through out the book. I found it very insightful and has helped me continue to defeat my porn addiction. It's only 80 ish pages long but it's packed full of good information. I recommend it to anyone who is struggling or wanting to learn more about the harmful effects of porn.

Very good book. Plenty of good advice. Some things I don't agree completely; like what he says about masturbation being avoidable and the crappy example he gives. Sure, if you get married at 12, and infidelity is socially accepted, there is almost no way you can't get some ass. However, for the average westerner, that's not realistic. Still, one can fantasize about his own wife instead of porn.

[Download to continue reading...](#)

Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Whatâ™s Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) The Porn Antidote: Attachment: God's secret weapon for crushing porn's grip, and creating the life and marriage you dream of. Never Relapse Into Watching Porn Again: A Deep Inner Game Guide To Building Your Inner Strength and Reaching The 90-Days Porn Free Streak Gay Porn Heroes: 100 Most Famous Porn Stars (English and German Edition) How to Quit Porn Cutting It Off: Breaking Porn Addiction and How To Quit For Good Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) Quit Your Job and Move to Key West - The Complete Guide (Quit Your Job and Move to...) Quit Your Job And Move To Southeast Asia: Vietnam, Laos, and Cambodia (Quit Your Job And Cost Of Living Guides Book 3) Cabin Porn: Inspiration for Your Quiet Place Somewhere Porn Adult Coloring Book: Sexual Seduction XXX Inspired Adult Coloring Book (Coloring Book for Adults) Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn The Porn Myth: Exposing the Reality Behind the Fantasy of Pornography Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)