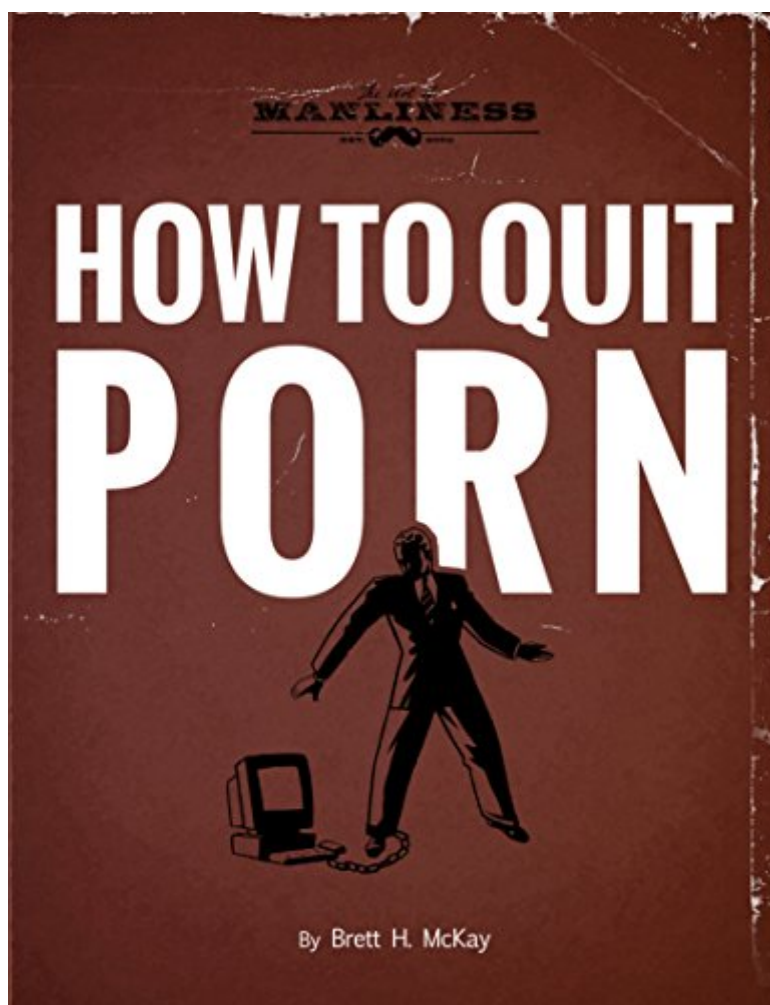


The book was found

# 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

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## 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.

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