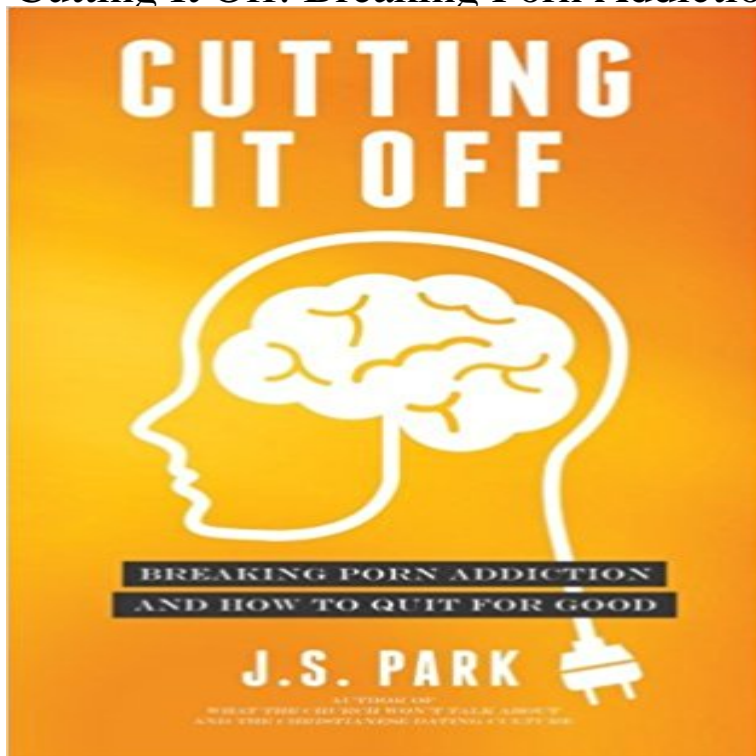


## Cutting It Off: Breaking Porn Addiction and How To Quit For Good



Porn addiction is real and it nearly ruined my life. I was a porn addict for fifteen years, and Ive now been sober for over three. I want to offer you recovery, not just for weeks at a time, but quitting for good. Im sure youre tired of the bleary-eyed mornings and constant loop of objectification in your head. The guilt, anxiety, and hypocrisy. The uncomfortable ickiness of dealing with family the next day. The lies, the hiding. Youve tried other methods and it fails every time; youve gone back to the familiar buffet of images. The white-knuckle self-shaming isnt working. If youve given on up on giving, here are specific steps to quit porn. This is written for you or your friend whos in recovery. This is for both men and women. This is for both church people and for those who dont care about faith. As a pastor, this is also my journey as a Christian who quit the hypocrisy. But regardless of religion, age, or gender, this is how you can permanently quit porn, and more importantly, find the life youve always been missing towards bigger, greater, and better. This is how you cut it off.

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**: Beating Off Porn Addiction: A No Nonsense Approach** Christian Help For Overcoming Pornography Addiction Jesus once said that if your right hand causes you to sin, cut it off and throw it away. just can not stop browsing the Internet for pornography websites, they should just take out the Internet. You might be surprised about how good it feels to actually confess this to **Cutting It Off: Breaking Porn Addiction and How To Quit For Good** Porn Addiction Recovered: The Ultimate Guide to Stop Porn Obsessing: Science of Cutting It Off: Breaking Porn Addiction and How To Quit For Good. **Cutting It Off Breaking Porn Addiction and How To Quit For Good** +. Cutting It Off: Breaking Porn Addiction and How To Quit For Good. +. Your Brain on Porn: Internet Pornography and the Emerging

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