

Addicted to Porn? Ashamed? Not sure what to do? This book can help you overcome this embarrassing addiction... For most people, pornography is a quick and convenient route to sexual pleasure. Unfortunately, for some people, viewing pornography “ with or without masturbation “ can grow into an emotionally crippling addiction. In fact, research tells us that porn use progresses to the level of addiction in approximately 5 to 8 percent of adults who use it. For these individuals porn use escalates from a pleasurable distraction to a behavioral compulsion that creates loneliness, isolation, shame, and numerous other negative life consequences. But how much porn is too much porn? Is there an easily defined tipping point between casual use and life-altering addiction? As a general rule, porn addiction occurs when the individual loses choice over whether he or she will engage in that behavior. When a person says I don’t want to look at porn anymore but does so anyway, there may be a problem. Sadly, porn addicts are often reluctant to seek help because they don’t view their solo sexual behaviors as a cause of their life problems. They often seek help not for the porn problem itself. Many participate in therapy for a long time without ever bringing up pornography or masturbation. Thus, their core problem goes unidentified and unaddressed... This book is an overview of porn addiction. It is a short guide that will help you understand and deal effectively with this problem with simple tips and advice. Here is a preview of what you will learn to get help... Chapter 1: The more you understand, the more you can control it. Benefit from the Risks and Negative Outcomes of Porn Addiction. Choose a Better Life Helping Yourself along the Porn-Free Path. And much, much more! Read what other people have to say. An informative step by step guide for getting recovery from porn addiction. This book is easy to understand for everyone. The tips are straight forward and to the point. Great resource and insightful guide to stay away from porn! - Katie A. - A good introduction to a problem that many teenagers and adults face today in their lives. Yes, this can be considered an addiction and it got to be battled and defeated as such. - DMP - Download your copy today! Scroll up and click the orange button Buy Now on the top right of this page to access this book in under a minute. Get rid of your Porn Addiction today forever! Tags: sex addiction; sexting; porn addiction; porn addiction cure; porn addiction recovery; porn addiction treatment; porn addiction therapy; prostitution addiction; porn addiction treatments; porn addiction cures; porn addiction therapies; addicted to porn; overcome porn addiction; get rid of porn addiction; porn addiction help; porn addiction advice; porn addiction self help; porn addiction book; porn addiction books; porn addiction kindle; porn addiction free; porn free; internet addiction; porn on internet; deal with porn addiction; masturbation addiction; masturbion; masturbate; masturb; masturbation toys; masturbation; masturb; stop watching porn; quit watching porn; intimacy anorexia; intimacy issues; intimacy and solitude; intimacy in marriage; lack of sex; addiction to porn; addiction to pornographic images; porn addiction 101; porn addiction for beginners; sex addiction cure; sex addiction treatment; sex addiction 101; sex addiction tips; sex addiction advice; porn abuse; porn recovery

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