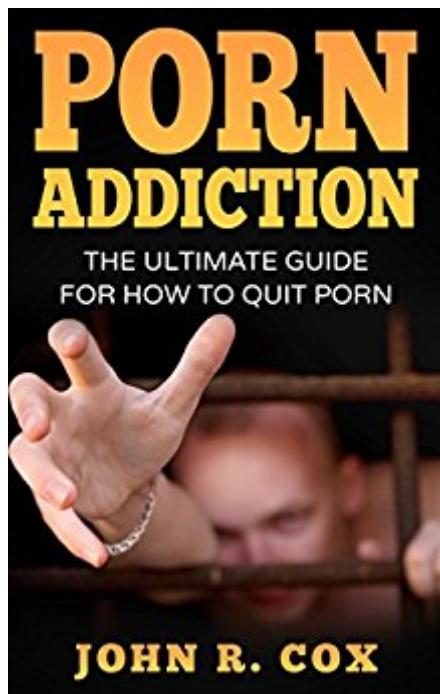


The book was found

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)



Synopsis

Use these useful tips and end your porn addiction 7 days! This book has actionable steps and strategies on how to quit porn, improve your relationship with others and live a happy life. Porn is very popular. In fact, it is so popular that porn related search terms account for over 30 percent of top searches on Google every single year. Think about it; in 2010 only, of the 1 million most popular sites by traffic around the world, about 4% (42,337) were porn/sex related! If Pornhubâ™s 2015 Year in Review is anything to go by, we are really a generation that consumes lots of porn be it video, text or images. Think about it; if one site can stream 4.4 billion hours of porn in a year (at 75GB of porn per second), you can bet that we really watch lots of porn. Unfortunately, just because the world over watches an average of 12 videos a year doesnâ™t mean that you are okay and there is nothing wrong about watching porn. The truth is that porn damages you as an individual as well as the society as a whole. Like many people out there, you might have started exploring porn thinking youâ™re on top of things but over time, youâ™ve realized that youâ™ve totally lost control over your porn consumption. Feelings of guilt and shame engulf you knowing that your life is better off without porn. You want to quit this extremely negative behavior but you donâ™t know what to do or how to start your journey to recovery. Buy this Kindle Book For \$2.99 Today!

Book Information

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Customer Reviews

Puts a lot of things in perspective, easy read.

I am an addiction and sex therapist, this book offers basic tips and interventions for porn addiction. Thank you for the straight forward point of view.

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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) 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) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) Never Relapse Into

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