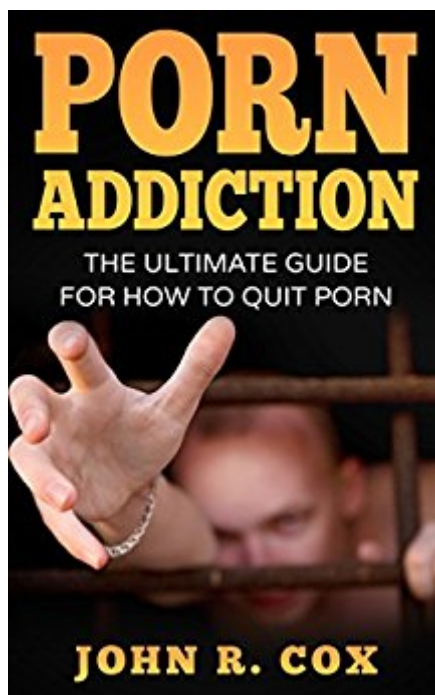


The book was found

# **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 Pornhub'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 doesn'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 you're on top of things but over time, you've realized that you'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 don'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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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) Better Than  
Before: What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar,  
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