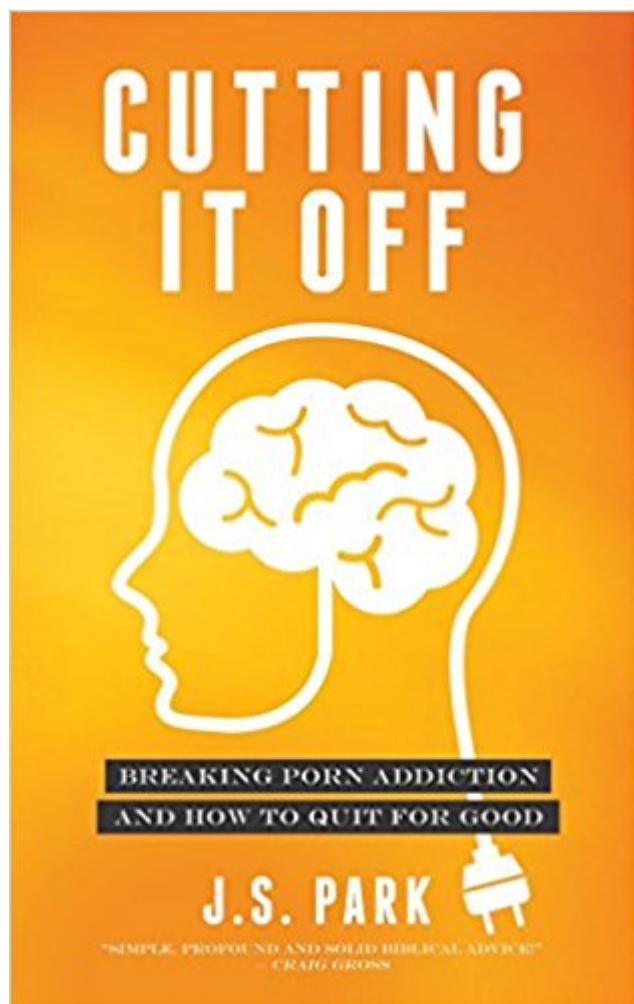


The book was found

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



Synopsis

* Updated and revised in March 2017 *Porn addiction is real and it nearly ruined my life. I was a porn addict for fifteen years, and I've now been sober for over three. I want to offer you recovery, not just for weeks at a time, but quitting for good.I'm sure you're 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. You've tried other methods and it fails every time; you've gone back to the familiar buffet of images. The white-knuckle self-shaming isn't working. If you've given up on giving, here are specific steps to quit porn. This is written for you or your friend who's in recovery. This is for both men and women. This is for both church people and for those who don't 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 you've always been missing towards bigger, greater, and better. This is how you cut it off.

Book Information

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Customer Reviews

"Simple, profound and solid biblical advice!"- Craig Gross, author and founder of X3Church

* This book has been updated and revised in March 2017, with all new content. If you already own the previous version of this book, please send a snapshot of the paperback or ebook, and you will

be sent the updated version in digital format: pastorjspark@gmail.com

A MUST read for anyone struggling with this or who knows someone struggling!

This book was both inspirational and helpful with dealing with my own addiction. Keeping your focus on Christ is the key to recovery as this book so bluntly points out. Fellowship is also crucial to success.

Good book with useful tips. I believe that this book has helped me understand that the way to recovery is by growing not regressing with no excuses to go back but scratching for a way forward (pg. 61).

One of the most honest account of how to break free from pornography. Definitely a book to read for yourself or if you want to assist a friend.

Very informative and well written. Author connects and has good sense of humor.

Great product! Works as advertised

If you are not a Christian this book will not help you. The entire book is based upon accepting Christianity to overcome this addiction. Don't believe reviews that say even if you are not a Christian this will help you. There is not in-depth scientific evidence given. The only solution given in the book is to accept you are powerless and submit to Jesus.

I loved how relatable it sounded and how non-offensive it came off. This is a very fragile subject and Pastor Joon executed the idea so smoothly. It isn't easy to put yourself into the world and admitting an addiction and he made it look like a walk in the park (obviously it wasn't). I respect everything he has to say and how well-written and precisely thought out everything of his I read so far is.

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recovery, clean Book 4) 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) Cutting It Off: Breaking Porn Addiction and How To Quit For Good My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) 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,) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) 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 Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) Sex Addiction Cure: How To Overcome Porn Addiction and Sexual Compulsion Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Crazy Is My Superpower: How I Triumphed by Breaking Bones, Breaking Hearts, and Breaking the Rules Quit Your Job And Move To Southeast Asia: Vietnam, Laos, and Cambodia (Quit Your Job And Cost Of Living Guides Book 3)

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