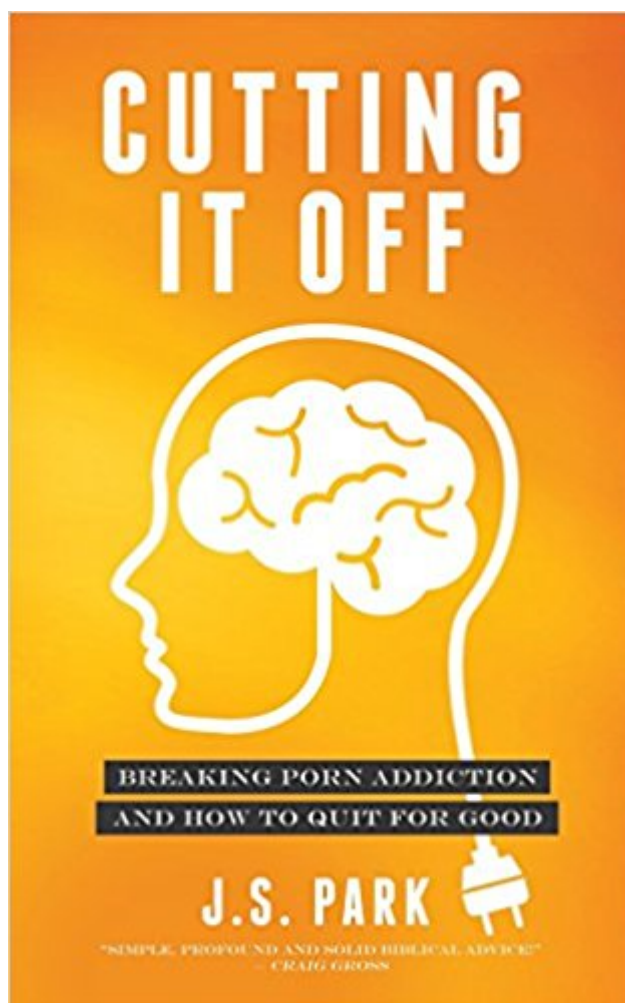


The book was found

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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