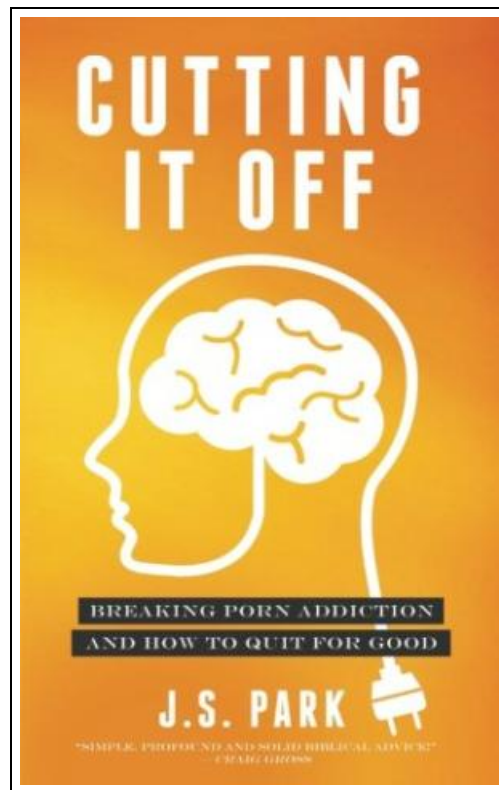


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Reviews

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(Dr. Rowena Wiegand)

CUTTING IT OFF: BREAKING PORN ADDICTION AND HOW TO QUIT FOR GOOD (PAPERBACK)



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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Rob Connelly (illustrator). Language: English . Brand New Book ***** Print on Demand *****.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.



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