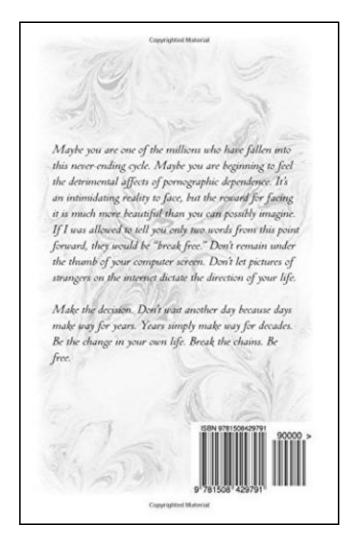
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(Rebecca Bechtelar)

PORNOGRAPHY ADDICTION: DESTROYING THE HABIT BREAKING THE CYCLE (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Ten years ago pornography became the chains around my wrists and the shackles around my feet. It worked it s way into every facet of my life and began destroying me from the inside out. My relationships, my motivation, my aspirations; all of these things were being crushed under the weight of my addiction. I had tried multiple times in the past to break free from this self-erected prison cell, but it seemed hopeless. One day, after another failed attempt, I decided enough was enough. Last month I made the promise to myself that I wasn t going to remain a slave to pornography any longer. I held on tightly to that promise like it was my mother s hand, refused to let go, and worked harder than I ever had before to rid myself of this nasty habit. It started slowly, but eventually a week passed. Then another. Before I knew it I had abstained from pornography for an entire month; the longest I had gone in years. And I won. I beat my addiction. This book began as a journal and eventually evolved into what is it today: a self-help guide packed full of advice, resources, and even weekly summaries pertaining to my own experiences. I initially wrote this because it allowed me to gain a unique perspective on my own addiction, but I m realizing that it has the potential to help others as well. I m not a brilliant writer by any means, nor do I have the credentials to give lifechanging advice, but if this book can help even a single individual break their addiction toward pornography, then I d consider it a...

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