



How to Quit Porn

Brett H. McKay

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Would you or someone you know like to quit the porn habit? Have you tried to quit porn before, only to find yourself caught in a demoralizing cycle of abstinence and relapse? Are you seeking to better understand why you look at porn, and have been searching for a resource that offers a balanced, level-headed, research-backed, non-religious approach to the subject? If so, this is the book for you. In *How to Quit Porn* we take a look at the science of porn to uncover what makes it so alluring, the possible pitfalls of consuming too much, and how to kick the habit for good. By understanding the neurological and psychological effects of porn, you'll be in a better position to confidently tackle and overcome your attraction and dependence on it. This book does not include hokey language, overly pat solutions, grandiose promises, or useless finger wagging. Instead, it's packed with accessible, easy to understand information and a practical, research-backed action plan, that, rather than magically "curing" you of your habit, will simply help you become the kind of guy who doesn't need to look at porn anymore. If that's the guy you want to become, what are you waiting for? Pick up your copy of *How to Quit Porn* today.

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