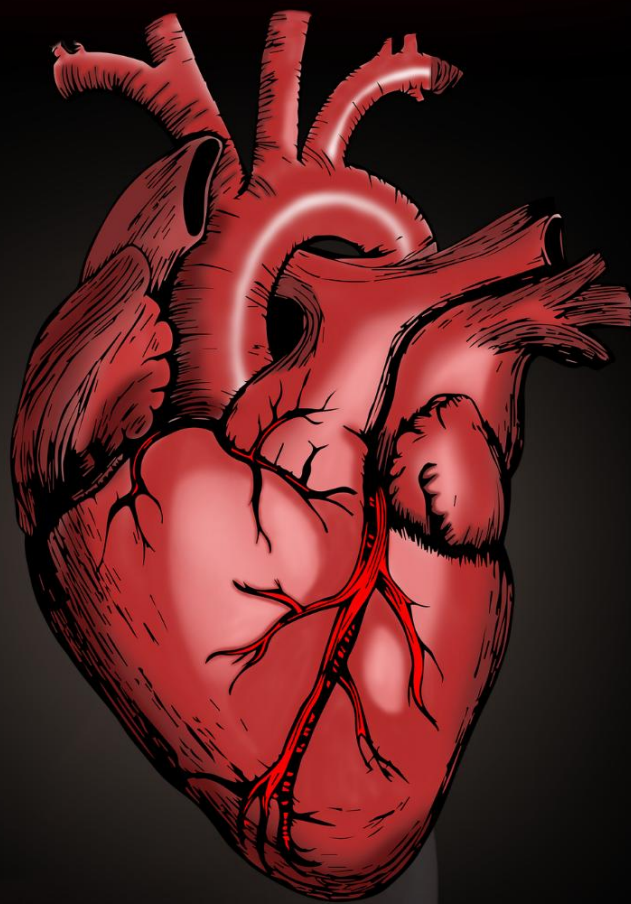


PORN WILL KILL YOUR
HEART



ROUANE HAMZA

“I count him braver who overcomes his desires than him who conquers his enemies, for the most brutal victory is over self.” Aristotle

Before you delve any deeper into the contents of this book, I need you to say the following suggestion out loud to yourself, **“I do not want to watch porn ever again. My decision is irreversible, and I’m not going to be missing out on anything. Porn imprisoned me for longer than needed, and it’s time to break loose of the prison of my own making”**.

You need to understand that unless you commit 100% to quit, you’ll most likely fail like many others that have lied to themselves and failed. If you have but a shred of doubt in your ability to give up on porn, it would be more than enough to overshadow all the hard work and effort and lead you right back to the depths of addiction again.

Our brain can only make one choice at a time; it's impossible to do something while craving its opposite. You can't have a requirement to rest and awaken simultaneously. You need to be firm and decide here and now before moving onwards.

I do not promise you to get freedom once you’ve completed the book. But what I do guarantee is that it is more than enough to change your mind about masturbating to porn in general.

You might be wondering why thousands of porn viewers are experimenting with the Nofap challenge to give up porn masturbation for 90 or more days. You might be curious if all the legends about the supposed benefits are true or not, or is it just a myth of humanity’s twisted imagination?

Maybe, you’re reading this book because you find yourself watching x-rated material that concerns and confuses you. Perhaps it’s gotten out of hand, despite the numerous deployed struggles to stop.

Possibly you can’t appear to enjoy genuine lovemaking, or you’re suffering from weird problems your medic can connect to no organic cause. Perhaps you’re troubled that intimate connections don’t do it for you anymore. That vivid imagery comes back to haunt you frequently. You’ve most likely escalated to porn types that are out of alignment with your moral values or even your sexual preference.

Perhaps your physician told you that you shouldn’t stress over your obsessive consumption of pornography or your incapability to stop watching. There are plenty of authoritative voices out there who will try to persuade you that attraction to sexual imagery is fantastic for a youthful, fit person such as you are.

At present, mainstream culture finds it absurd to suppose that porn consumption can provoke intense cognitive and physiological health concerns. As high-profile criticisms of pornography usually come from spiritual and socially conservative communities, it's effortless for scientific individuals to ignore the threat of porn without interest in the subject.

It is sound to identify that you have a problem since it took you long to connect many of your issues with your shady online rituals. Accepting sickness is half the cure. You might at one point have believed that you were struggling with an undiagnosed cognitive condition. Perhaps you thought you had clinical depression or social anxiety. Or maybe felt that your testosterone levels are low. You might even have been prescribed drugs from a doctor, but did that make you any better?

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Introduction

This book is inspired by Alan Carr's method to quit smoking and how it applies to pornography.

Alan Carr's method is based on the premise that willpower is not the course to cease smoking and that people who rely on it are set to fail, whether in the long or short term.

The author of this method preaches that instead of depriving oneself of an addictive substance, work must be done to get to the root cause that directed individuals to smoke in the first place. By attacking the source of the issue instead of chasing symptoms, it becomes much more straightforward to have a good time quitting, and **yes, you've read that right. You can have a good time quitting an addiction.**

Most profoundly hooked individuals usually are because of the anxiety of missing out. They all share a suspicion that life would not be significant without porn in it and that they would have to go through painful periods of withdrawal.

The method has proven so effective because it addresses the core motivator behind the problem and guides a person to comprehend the nature of their behavior. That way, they wouldn't have to confront any dread. In contrast, in the process of quitting, instead, people would be finally relieved to hear the truth that they weren't aware of.

You may be surprised to hear that porn addiction is only 1% physical and 99% mental. Our minds have been conditioned to experience anxiety in short bursts, not in prolonged periods. Because of the magnitude, people give porn, the 1% almost transforms into a lion that looks like it's on the verge of devouring them.

Porn addicts assume that they obtain total pleasure from porn consumption. Many think it helps them enjoy life, manage stress, calm down, be better socially, and even control their temperament with the opposite sex. For this reason, they have a legitimate fear that even if they do quit, they will be miserable, deprived, and more like zombies for the remainder of their lives.

Apart from fear, people also have mental and physical health concerns; they detest slavery. Although they try to manage them as best as possible, these fears remain like a fog obscuring their mind from operating normally.

What you'll get from reading this book

This book is no more than 70 pages long and would likely not take more than 3 hours to complete. Still, the blessings that you will reap will ultimately transform your entire viewpoint on porn dependence and, as a result, will enhance the quality of your life.

After finishing this book, you will desire the feeling of freedom instead of the porn fantasies that you have permitted to colonize your mind for so long.

Sensations of deprivation and missing out will eventually be terminated, and even in the case of extreme addiction, the so-called physical withdrawal will barely be noticeable. You will not miss out on anything!

The product of completing the entire book is that you will no longer see porn as a source of dopamine but rather a venom that you weren't supposed to abuse in the first place. You will pity yourself for all the years of pointless consumption, and you'll make a firm commitment never to go back ever again.

Why do I need to quit porn in the first place?

Many people might wonder why they should compel themselves to cease porn in the first class. Most would claim that there is a great deal of fun to give up and that it's not as harmful as argued, but we're just about to teach you the opposite.

If porn wasn't so immoral, how about watching it before your mom or wifey? Would it not be something they'll salute you on, or are you simply subconsciously acknowledging that it's wrong. Why do you conceal it like a filthy little secret that nobody should learn of?

To realize the enslaving effect of porn, try quitting for an extended period, from a Week to a month or more. Talking about addiction!

You will most likely experience the same dependency that drug addicts go through upon giving up. Be sure that you'll feel it in one way or another. Try saying no to your greedy desire to watch porn; whatever is your marital status, test your presumed limitations to identify who you indeed are.

To the avid porn fan out there, here is just a concise list of the hostile package that comes as an affliction along with porn consumption.

- Poorer body image
- Less fulfilling connections
- Increased relationship conflict
- Poorer romantic passion
- 2X the probability of later undergoing a breakup or divorce
- Emotions of loneliness
- Harmful Cycle of Stress Dependency
- Obsessive behavior and less self-control
- Lack of concentration and brain fog

Unless you're a fancier of the above package, the list goes on and on. You might at least discover porn's influence and how it could impact the quality of your life.

You can become a massive contributor by sharing this book with other people who urge to quit but can't. This book is a free open sourcebook that you

communicate with others; the ultimate purpose is to spread the message to as many individuals as achievable.

Warning

As a former porn addict myself. I can inform you from experience that you will be tempted not to read the book out of fear. The worry is that it could be already too late, and there is no chance of changing the situation.

“For what it’s worth: it’s never too late or, in my case, too early to be whoever you want to be. There’s no time limit. Stop whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you’re proud of. If you find that you’re not, I hope you have the courage to start all over again.” — Francis Scott Fitzgerald.

Do not let your subconscious trick you into thinking that it’s dangerous to know about the damaging consequence of porn consumption. It’s only a delusion. Content and science should not be threatening; you should instead be inspired to discover new things.

“Making a big life change is scary. But you know what’s even scarier? Regret” — Zig Ziglar

You might try to deprive yourself using the willpower approach, but you’ll ultimately bear a poor experience. Many people have tried and failed even after they deemed the issue was far behind them.

You could stop for a year by depriving yourself, but you’re not shooting the nuisance from the roots. The big clue here is that you can stop from day one without missing anything if you really seek to quit.

If you go through this as if you’re making a sacrifice. It simply won’t function since you still are not done with porn yet, and your mind still craves it. You just can’t push your mind to accept something you don’t. The first thing to do is to correct yourself, and you’ll eventually find the cure to be much easier than you have imagined.

Don’t you find it strange that after all the urges and hours on end of consumption? Still, at the very instant of orgasm, all the nasty sentiments of

shame and guilt surface, and you become even more pathetic. At that moment, you promise yourself never to watch porn again, only to manage your way back to profanity.

It's time to recover command of your life and to take matters into your own hands instead of permitting this thing to extract the taste from your life. Just because you're dealing with an addiction doesn't suggest it should be that way for a lifetime.

Take control of yourself and stop bargaining with your mind, it's only you there, and thoughts are of your creation, even if you find it hard to believe. But thoughts are thoughts, and you need to separate truth and reality from thought. Enough with the delusion already.

Take the necessary decision, and reap the benefits in the future. You'll get a chance to have a regular free life where you'll have a great family that supports you.

Instead of reducing your self-worth every time, a negative idea pops into your mind. Throw in an assertion that blesses you and makes you more outstanding, even if you may find it difficult at first. Start now, love and value yourself, boost your self-confidence instead of engaging in a self-sabotaging activity.

Do not skip any chapters. Read the book until the end.

Why is it hard to stop watching?

The common promise of “I will stop but just not today” should let the reader recognize how dangerous procrastination is and how necessary it is to take action.

People hooked on porn see no issue living that way since there is no firsthand apparent consequence of watching. Nobody has ever gotten cancer from porn, right? If we use the same reasoning, there are no evident cigarette effects at first. This is because consistent consumption is what does all the damage.

Many compulsive porn users need to comprehend that orgasm is not what they long for; it's the dopamine flood from hours of consumption and escalation to more intense material. Doesn't that sound horrendous enough already?

It is also a very convenient and easy-to-do thing, isn't it? I mean, all you must do is lock the room door, do a quick internet search, and boom, a significant number of links filled with videos for all tastes, right? How cowardly! Isn't it time to start acting like a worthy person? I bet it is, so take matters into your hand.

Porn has the same addictive effects as drugs. It just never occurred to you to consider the possibility. If you doubt this, try running an experiment without porn for an extended period, talking about addiction.

Natural dopamine is better enjoyed in a short time, and constant dopamine only wrecks the brain. To prove a point, imagine that you're eating pizza; it's tasty and enjoyable, right? It's an obvious yes. But it only takes 10 minutes at the most to eat it, and besides, after the belly is complete, all interest in the pizza is lost.

If you think that you're getting any enjoyment from it, then why is it that you have to keep bingeing for hours on end. Do you get the point? If it were healthy, why do viewers keep delaying ejaculation? This shows that people are not doing it because they crave orgasm. They are hooked due to the addictive nature of sexual content. But truth be told, it's not the orgasm that you desire. It's the novelty and diversity of scenes. This is why some users have a lot of tabs

opened in extreme cases. For people who have been there, it's like a dark never-ending loop, with the promise of a reward that doesn't exist.

The brainwashing media have made the following claims:

"It's educational!" So when is your graduation? "It's sexual satisfaction!" So why do it alone instead of finding a partner and saving it for them? "It's a feeling of release!" Release from the stresses of real life? Porn won't remove the source of the stress; it gives you a short feeling of orgasm but adds to your misery and anxiety.

There is a common myth that hooked users will never recover from it. But science and evidence show the opposite. The human brain is capable of unthinkable things and is entirely reprogrammable.

Yes, you can condition your mind to hate porn and stay away from it by your own accord and consensus; in the same way, you fell prey to the porn predator In the first place.

Like any other addiction, to beat it, first get knowledge on the mechanism of how it works. After you get the knowledge, you'll be on the right path to quit porn for good.

The method breakdown

It may sound weird, but as you're reading this book, you're allowed to keep using porn. The goal is to enable you to see that as you read on and grasp the meanings, you'll start to lose interest in porn altogether.

For starters, you have nothing to lose and everything to gain out of this book, so there is no meaning in trying to postpone completing it. It should be read with a great deal of urgency and focus.

Quitting porn use isn't the big problem; it is relapsing even on day 1000. It is possible to relapse if you get sloppy and drop your guard because of arrogant overconfidence.

As previously disclosed, many users have no idea of the self-inflicted damage upon their brains, and this is what this book is for. People naturally have an urgent need to preserve their overall health and well-being. Once you learn the real motives behind your porn use, I doubt that you'll think twice about quitting.

Porn is enticing and preys upon a particular and delicate need, sex. Due to the dependency it creates in the brain, most people hardly ever question the argument. It is such an evil bliss. Even though most people are disgusted by it after they cum, they still wouldn't make what they consider a sacrifice even though they hate themselves and despise the grip it has upon them.

Here is a simple test that you can run to see if you get any satisfaction from it:

1. What is porn doing to me?
2. Am I enjoying it?
3. Do I need to go through life sabotaging my mind and body?

The obvious answer is that porn has no recorded benefits, so why keep it in your life? Doesn't that sound hypocritical? Isn't this what porn is turning you into in the first place? Are you a hypocrite or aspiring to be one? Unless you're willing to take a blow to the head, it's about time you convince yourself of the above.

It's only an illusion that you're playing on your brain. Do you think you'll ask people to play you a porn video on your deathbed?. Be very careful about the unconscious autosuggestions that go in your mind; it's often the negative self-talk of dependency that reinforces addiction in certain subjects.

Soon you'll realise that it is not such a big deal to quit. Yes, you will feel cravings from time to time. But You will be rewarded by getting your long lost powers back.

Withdrawal symptoms are common in most addicted subjects. But it's not a problem since they only arise for a short period in the form of unpleasant feelings , it's a means to an end and is a great indicator of recovery.

Most people are so scared of the possible feelings of depravity that they might experience upon the attempt to quit but in reality, it's not as scary as you might think. It's a part of human nature to amplify things and give them more than their average volume; these feelings generally disappear in seconds if you practice meditation and shift your mind back to a relaxed state—no need to panic.

The more these feelings bother you, get yourself to relax by whichever way calms you down faster, break the pattern, anchor the experience, and reprogram your mind to ditch those feelings and diminish their impact.

Is porn a trap, as they say?

Believe it or not but most people didn't end up on porn sites because they chose to in the first place. It is usually a random sequence of clicks, and boom, multiple tube sites are open.

This phenomenon is usually related to specific cues, like seeing a hot chick on Instagram or an ad on a website showing hot Russian brides. Then the last thing you know is you're already 1 hour in. All of this is because of that little sneak peek and sloppiness.

Porn is a different kind of trap because most people watching it think that it doesn't grip them, and that they can walk away from it anytime. Have you ever heard the example "He who supps with the devil should have a long spoon"? The same goes with porn, so beware and keep as long a distance between you and porn content as you can.

You might want to think about using this strategy in the first place and trust me that you'll be surprised by how well it works. Those little victories every time you refuse to give in to your impulses do add up, and self-control is strengthened.

So no more "Oh, let me just have a look at some Instagram booty pictures" it is best not to trust yourself with that so much because you will certainly fall for it. Can't you see how much you view people as objects? People are not objects, it's not natural to view women as objects, and it's typically what chases them away most of the time.

Viewing women as objects of pleasure will only attract the same energy as yours; you'll eventually fall into perverted girls in the same way you are. Only to discover out that they have no plans or sympathy for you which will only add up to your loneliness, unless your aim is to be encircled by prostitutes and perverted individuals.

Most of you guys out there have probably made numerous attempts to quit and gain control over yourselves only to find out that you're like a rat stuck in a wheel. The reason is that you never sought to understand how porn affects your brain.

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