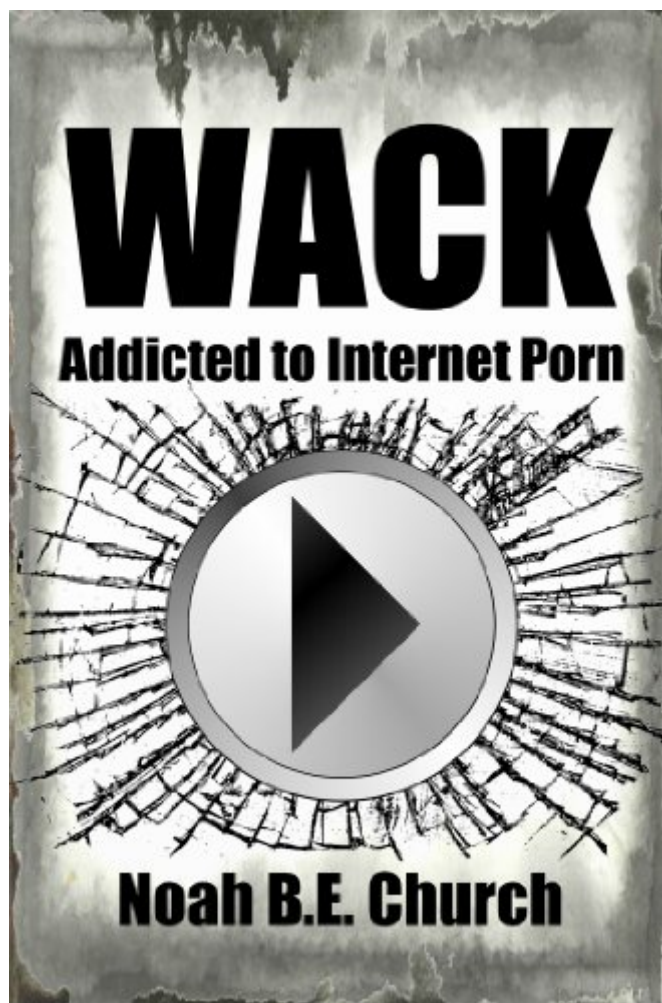


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Wack: Addicted To Internet Porn



Synopsis

Which would surprise you more: that nearly nine out of ten young college men use porn or that more than one in five 12-year-old girls do? Porn has broken out of seedy backrooms and into the mainstream largely thanks to the Internet, which allows millions to access an unlimited (and mostly free) supply of porn and cybersex from the convenience of their own homes. And that's what we do. Because porn is fun. Like...really, really fun! In fact, Internet porn is unnaturally fun, providing far more stimulating variety than we would ever encounter in real life. These sights trigger powerful neurological reactions, and over time consistent porn users undergo actual brain changes similar to those seen in alcoholics and gambling addicts, eventually developing one or more of many common and unpleasant symptoms such as:

- Porn-induced erectile dysfunction (PIED) and reduced libido for real partners
- Difficulty reaching orgasm with a partner
- Cravings for and emotional reliance on porn
- Escalation to extreme sexual preferences or fetishes as tolerance increases and regular sex becomes boring
- Emotional numbness and difficulty forming relationships
- Social anxiety, depression, apathy, and "brainfog"
- Sexual orientation obsessive compulsive disorder

This book is not a moral or religious attack on pornography. This book is a scientific exploration of how Internet porn affects us, an examination of how it has influenced our culture, and a guide for those who would like to quit the porn habit and heal themselves of porn-induced symptoms. This is the story of people who have acted to retake control of their lives and restore themselves to full sexual and emotional function. This is my story. This may be your story. -Noah B.E. Church

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Substance Abuse

Customer Reviews

Needed this information. The testimonies at the end were very encouraging. I am on my first day of NoFab. I realize that my goal is not 90 days but it is a benchmark. The goal is to last to infinity.

Very well crafted and straight to the point. Church is able to create an excellent blend of scientific and anecdotal evidence which allows him to present both emotionally and logically convincing evidence in the same book. This is a must-read for any man who grew up using internet porn. You might just find that it has affected your life more than you think, I know I did.

A good overview, with lots of links to additional information. A great resource for men, and parents of young men.

A very honest and open account of the author's experience with and overcoming porn addiction

As a porn addict I cannot explain how appreciative I am of this book and its information and resources. Great job Noah. We are the first generation experiencing this issue and it will be known as an addiction one day to the world. All the best for a good recovery and wholesome life

When a person first discovers how their internet porn addiction has caused detrimental effects on their life they have many questions and uncertainties. This book answers all those questions and more. It was a godsend for me. It explains the science of what porn addiction does to the brain, how to reverse it, and what has worked for others who have been through it. It told me what to expect so I knew how to navigate those emotions and pitfalls. If you are a man or woman with porn addiction and are suffering from erectile problems this book and a strong determination to change your life is

all you need. Thanks to Noah Church for this book. It is changing lives and strengthening marriages and that is rare.

Noah Church has done an outstanding job of distilling and expanding the wisdom generated by the grassroots movement of people who have given up internet porn and discovered enormous hidden potential. Wack is engaging yet succinct. It's also deeply satisfying thanks, in part, to the appendix of actual stories of men and women whose lives were deeply affected, and then restored and even enhanced, by their treks through and beyond the Neverland of internet porn. Church not only analyzes the best available science on the subject with a degree of mastery remarkable in someone age 24, he also helps his readers understand its implications for their mission: "Thanks to the gift of neuroplasticity, just as you can strengthen and grow the parts of your brain that control motor and visual functions by juggling, so too can you strengthen the parts of your brain that govern willpower and high-level decision making." Sources are painstakingly referenced for the benefit of those who wish to delve deeper. Church's review of the science behind the potential risks of internet porn use couldn't be more timely. Last month the prestigious journal JAMA Psychiatry published the first neuroscience study on the brains of moderate porn users--and found evidence that internet porn may alter brain structure and reduce sexual responsiveness. See "Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn" Without mincing words Church informs porn users who would experience pornfree lives what they need to do to "reboot" successfully. ("Rebooting" is the process of restoring the porn-affected brain to normal sensitivity to pleasure and attraction to real partners.) For example, "You must do some critical thinking about what your triggers may be in order to preempt them. ... If you use your phone to view porn, then install filtering software or downgrade to a phone without Internet connectivity. If you usually [use porn] with your laptop in your room, maybe you only use your computer in the common room of your house now. If you live alone, maybe you only use it in the coffee shop down the street. ... If cruising an online dating site or app gets you horny, then it is time to delete your account." By the end of the book, you will know exactly how to leave porn behind, most of what can go wrong during a "reboot," and how to sidestep it. And if you're a parent, you'll get stern advice as to what is needed from you to prepare kids for today's hyper-erotic online stimuli. Here's a taste: "Many adults are uncomfortable talking about sex with their children— or even with their friends or spouses. If you are one of these people, get over it. We can no longer afford to avoid the topic of sex or delay it until our children's teenage years. Decades ago children may have been able to find their own way to a healthy romantic life, but home Internet access has changed that. ... If the subject of sex seems at

all taboo, uncomfortable, or shameful, then children will seek answers elsewhere and shove sex into the 'never talk about with parents' shoebox, right beside drug use and their dreams of skipping college to become a street magician."Finally, Wack urges readers to Think Big by discovering their passions and using their free time to pursue them."If you already know what your purpose is (i.e. start a business, pursue art, save the whales, save the whaling industry) then there is no better time than now to throw yourself into that pursuit. You have all that free time since you quit [porn]ÃfÃçÃ â -Ã â •use it wisely."Clearly Church has taken his own advice. Wack is a masterpiece.

Porn can be addictive, and this book allows you to consider whether it has affected your life more than you think. The author takes great courage in exposing his story of sexual misery caused by his abuse of porn and masturbation, a combination lethal to the brain's pleasure balance. We're not wired for internet era pornography: thousands of sexual partners are available with a click and this has extremely negative effects on our moods, relationships and self-esteem. Wack covers all these aspects with well referenced facts and gives the reader a very good background on the issue.It's an useful book for whoever wants to understand this addiction, learn how to fight it and also how to prevent it. Noah gives some tips about sexual education for parents, because internet is available to kids from a really young age.This book helped me understand that life can be lived at its full potential without pornography and that the reasons I used it in the past was only to cope to life's discomfort, a typical sign of an addictive behaviour.Live life, quit porn. Good job Noah! Stay strong!

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