

### Breaking The Bad Habit: 5 Steps On How to End Porn Addiction

Dong Luzon



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### **Breaking The Bad Habit: 5 Steps On How to End Porn Addiction** Dong Luzon MEN CAN END PORN ADDICTION IN 5 EASY STEPS.

Men across the globe nowadays are struggling to this very toxic addiction called "pornography".

Problem occurs when seeking sexual pleasure becomes excessive, impulsive or at the expense of other valued behaviors. Then we can say that particular person has a porn addiction.

Plenty of men have become frustrated to quit from it. Unfortunately, most of them did not know what to do, where to start and when to act. But I did it to myself! I successfully made it to stop my porn addiction, that's why I will share it to you. Now, I am speaking to you to start your own journey too.

This ebook is designed to resolve your porn addiction in easy to follow manner. This ebook will able to guide you STEP-BY-STEP on how to stop your porn addiction in which each chapter tackled about:1. Reasons why men cling to watch porn.

- 2. Signs, symptoms, attitude and behavior of a porn addict.
- 3. Why you must quit from it.
- 4. Benefits of quitting
- 5. and lastly, the 5 EASY STEPS on how to stop your porn addiction.



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Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Breaking The Bad Habit: 5 Steps On How to End Porn Addiction, you are able to enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't buy it, oh come on its identified as reading friends.

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