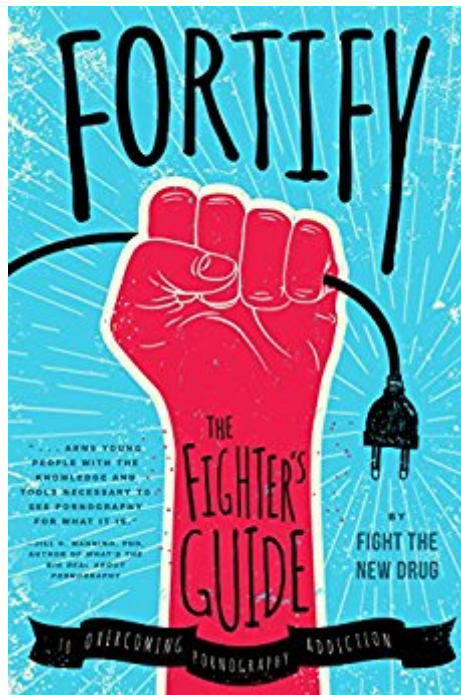




The book was found

Fortify: The Fighter's Guide To Overcoming Pornography Addiction



Synopsis

The problem with pornography addiction has never been worse. Tens of thousands of young people—•as young as seven and eight years old—are finding that pornography has control over their life. Fortify: The Ultimate Fighter's Guide to Overcoming Pornography Addiction, authored by the hip non-profit organization Fight the New Drug, is a complete guide to helping young men and women find the tools, gain the education, and uncover the resources necessary to help themselves and others overcome this addiction. Using research and advice from addiction recovery specialists and therapists, Fortify explains why pornography acts like an addictive drug. The book arms teens and young adults with the tools and confidence they need to fight the addiction by guiding them through a basic training program for themselves and others around them. By fortifying themselves, their relationships, and their world against pornography addiction, readers are ready to join with other fighters in the stand against pornography and its harmful effects.

Book Information

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Customer Reviews

I read this to see if it would be something my guys small group would be interested in; who are teens. I thought the material was excellent and got a lot of great background information, questions to ask yourselves and others, and helpful tips moving forward in wanting to break bad habits. I think it was a bit long for a teenage guy to read and get through, but with good mentoring I think it would help. I have used some of the materials when I have talked with people who wanted to change their habits. Great book, will use often, and recommend to others.

It perfect for a teen or young adult male. Great information and easy to understand without overwhelming. Great job!

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Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Fortify: The Fighter's Guide to Overcoming Pornography Addiction Master
Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking
Addiction-Gambling Addiction-Internet Addiction-Overeating Breaking Bad Habits: 11 Steps to
Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) My Husband's a Porn Addict: A wife's tormenting journey through her
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Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine &
Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop
smoking,) Clean Hands, Pure Heart: Overcoming Addiction to Pornography Through the
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