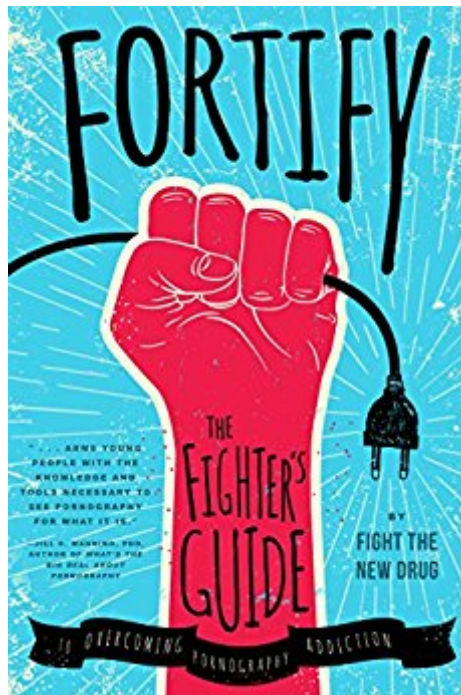




The book was found

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: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any 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 husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Nicotine 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 Redeeming Power of Jesus Christ Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate

use, Signs of opiate ... prescription drugs abuse, heroin addiction) Fortify Your Life: Your Guide to Vitamins, Minerals, and More The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography HOW TO OVERCOME ADDICTION ON YOUR OWN: SELF-HELP STRATEGIES FOR GETTING CLEAN WITHOUT HELP (GAMBLING, PORNOGRAPHY, MARIJUANA, DRUGS, ALCOHOL, SHOPLIFTING) Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction Treating Pornography Addiction: The Essential Tools for Recovery Life After Lust: Stories & Strategies for Sex & Pornography Addiction Recovery Pornography Addiction Breaking the Chains: A Workbook of Essential Tools for Recovery

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