

FUCK IT!

Meditations of an ex-porn addict

By: a former fellow NonPMOer

The message that concerns us today should not need to be spread. Our mouths shouldn't be talking about such a horrible subject. This situation is so fucked up that I don't know what worries me more: The situation itself, or that very few are talking about it.

I wish I hadn't spent so many hours in front of the screen doing absolutely nothing. I wish I had invested all those hours in something that would benefit me in the future, something that I could be grateful for today, and not see my past with a sense of loss.

But the past cannot be changed, and looking at it with misery and self-pity is a cowardly part of the spirit. Today, I can say that I am free of porn addiction, and I can breathe easily and see a future with many problems, but always with the satisfaction of not being under the chains of that horrible disease.

Although this little book has several purposes and is intended for various audiences, I have to admit that I am writing this because I cannot keep quiet. My heart is not at peace knowing how many are affected by the claws of pornography, both its industry and its standardization. An industry full of myths, suffering, spooks, and which many defend as if it were something positive or at least acceptable.

Let me tell you something, my dear reader: You cannot hate women more than the pornography industry. You, as an individual, even if you put all your effort, and you devote every moment of your life to try to destroy, humiliate and dehumanize the female sex, you will not be as effective as the industry that has thousands of faithful followers willing to create, day after day, a sense of eroticism based on the domination and abuse of another person, always seen as an object.

Can you believe that such an industry has so many people addicted to it?

The problems that pornography is causing are taking effect now. They're not there, far from your home. I doubt you have to meet many people to know someone who, at the end of the day, will look for his favorite porn site, not for pleasure, but because he is convinced he can't live without it.

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About this book

The addict lives in fear, thinking almost exclusively about when the next PMO session will be. He looks back and barely remembers a few of the many materials he has seen, the same ones he once considered "definitive", "necessary", and "beautiful", and which now represent nothing more than additional stones on his path. He constantly suffers, but he cannot think of porn as the cause of suffering, and if he does, he suffers more, for he blames himself. Many excuses for his behavior saturate his thoughts.

From his device with an internet connection, he opens a tab in incognito mode, looking for a page already known where he explores the latest of the topic of his interest, something far from softcore, very specific; a "reliable one" who does not fail to find him material that will fuel his desire. He is more excited by his own idea of the new content that he will find rather than the real stuff in front of him. He has been conditioned, for many years, to be excited by the idea that perhaps, this time, he will find the perfect product. And even if he knows that the novelties will always be a disappointment that will never give him genuine satisfaction, he will continue to search for that which will never come.

He will search for hours, through pornography, for a false pleasure. A position of power, physical strength, the ability to terrorize, the power to have, to consume, to possess, to name (Oh Andrea, you don't know the relevance of your ideas today!). Later, the cycle will repeat itself. He is in his own private hell, with the comforts of a screen, a desire, and a subsequent remorse.

Between sessions, he repeats the same ideas:

"My days are numbered"

"I have enough relapses"

"I'm almost happy, almost"

"When will it be enough?"

The worst thing is that tomorrow he'll need the PMO more than he does today. He barely sleeps.

At this point in the text, those who did not like what I said or were not interested (that is, those who do not consider pornography a problem in different areas) probably did not read any further. Either that, or my previous paragraphs are extremely poorly written (which I most likely cannot deny).

But if you're here, you're probably interested in what I have to say, and I couldn't be more grateful for that.

First of all, I'm not a neurologist, sociologist, or expert in any area. I'm just a former ex-porn addict who hopes this content will be useful to someone else, addicted or not. Of course, this is not a neutral book. Everything written here is hopelessly influenced by me. And while I have overcome the habit of

physically masturbating, I recognize that I sometimes fall into a constant metaphysical masturbation, that is, I tend to make thoughts more complicated than they should be.

Still, I've tried to give my message as best I can, hoping that it will be useful to at least some people out there.

If you're a porn addict and you find yourself reading this, read the EasyPeasy Hackbook, completely available for free at <https://pmohackbook.org/>

That's honestly the best advice I can give you.

In order to read the contents of this text, it is essential to have finished the book, as it contains spoilers of it (severely harmful for those who have not read it), and it is based entirely on its approach. It is beautiful, and I can tell you that it was a fundamental step in my healing, I cannot thank enough for it. But even though it is very good, several people, even though they are a minority, still have problems being free of their addiction. It happened to me, but today I can shout at the top of my lungs, I am cured, I am free, and I am happy about it! This book is aimed partly at those with remaining problems, and partly at those who want to take a stand on the issues in the recovery community of this terrible addiction. That's what the two main parts of this book are about.

You can take me as an alternative voice. Just as the authors of EasyPeasy have their way of saying things, I have mine. I also want to apologize in advance because the pronouns are mostly male oriented, and I don't want those who don't identify with them to feel invalidated. If a popular demand were to arise, I could release different versions of this book with different pronouns.

I'm not against masturbation, I'm against excessive masturbation. And always against pornography.

I don't know if you can tell much either, but my domain of English is not very good, Spanish being my main language. Without further ado, you can proceed with your reading.

Meditations of an ex-porn addict

“It took me a long time to work out why it had been so easy and why I hadn’t suffered those terrifying withdrawal pangs. The reason is that they don’t exist, it’s the doubt and uncertainty that creates pangs. The beautiful truth is that *it’s easy to stop porn*. It’s only indecision and moping that makes it difficult. Even while addicted, users can go for relatively long periods at certain times without it. It’s only when you want but can’t have one that you suffer.”

-Hackauthor², probably.

You are not your urge.

One of the most important things I learned by meditating is that I am not my thoughts. Human experience is dictated by the temporary. Thoughts, sensations, and feelings usually arise, stay a while, and just like that, they go away. I contemplate all these phenomena from the outside, because I am their creator, but I am not them. I am a hotel and they are my guests. I have not given them the privilege of having control over me when I am aware of them, it happens the other way around: when I catch them, I control them.

Many addicts take "urges" or "triggers" as perfect excuses for PMOing, they think these sensations control them, when they don't. When you are aware of an urge, you have the power to distance yourself from it, and thus control it.

All feeling comes from a previous thought. Urgency, which is the feeling of wanting and being deprived of false pleasure, also comes from a previous thought. Like all feelings, urgency is temporary, but being free, which is a decision, can be exercised throughout life, because one decides, moment by moment, to be free. And when I decide that, all my urges go away, because I understand the trap of pornography, and I do not desire to enter it. I exhale and Inhale. Life is so good without porn.

Freedom is not simply its contemplation, but its act. You are not truly free when you have many options to choose from, but when you choose one. Exercising freedom is more valuable than simply having it.

But if you're going to be free, fucking believe it! Give yourself a chance to be! And if you have nothing to lose but your addiction, then there's even less reason to give up. This is the beginning of a new phase in your life, take advantage of it as such.

The book clearly says "**Do not** change your lifestyle in any way purely because you've stopped". But here I allow myself to disagree slightly. If, throughout all this time you have been a victim of addiction, you probably have taken shortcuts to make it easier for yourself to watch porn (which happens frequently but not necessarily), then you must identify them and change them.

For example, I had an extra browser installed on my cell phone to make some porn sites load better. I had shortcuts to certain applications, both on my cell phone and on my computer, just to open them and watch porn. I had certain accounts open all the time that I didn't use much, like MEGA's, for

example. I charged my cell phone to the bathroom every time I went. I would select pants that were easy to take off so that when I had the slightest urge, I could start PMOing as quickly as possible. I associated free time as bonus passes to "afford" PMOing if I felt like it. When I saw women on the street, complete strangers whose physiques I found attractive, I immediately imagined them in the most depraved situations, mere objects for my "pleasure", and among all of them, I tried to find the "perfect 10". All of this consumed an enormous amount of mental energy and distracted me from the important things in my life (like my well-being, for example).

The above are very subtle and specific examples. They vary a lot depending on the case, but I hope I have given you an idea of what I mean. If you really want to be free, allow yourself to make a full commitment to yourself. Let your good thoughts manifest themselves in good deeds. Your commitment begins with your mind, but if you don't translate it into something tangible, if you don't seek to explore access to new and better activities that the PMO wouldn't allow you to do, then you're hardly going to feel as good as you intend to in the long run.

What you need to do now is not to forget, but to re-evaluate. That is, let your memories of PMO not hinder your ability to be better, have the ability to overcome your past. Work on yourself, go to therapy if you need to; I assure you that there is nothing wrong with that. Don't torture yourself, don't take yourself as scum because of your past. Don't say "Poor me!", better say "I'm glad I'm not there anymore!", "I was there, and life is much better not being in that horrible place", "That's how bad it is to fall into an addiction, I better be more aware and reflective of my actions so that such a horrible thing doesn't happen again".

Stop with the mental fictions. This is not a fantasy in which a miracle will happen or someone will come along who will finally make you change. This is your life, and it is much more likely that tomorrow a misfortune will happen to you than a good thing. Your life is like a lion that is going to devour you mercilessly, and at the same time, you are the lion. It is better to realize that you love yourself too much to treat yourself in that horrible way again. Isn't escaping from an addiction something that very few achieve? How many don't realize their addiction until their life is gone and they wasted it all? Overcoming an addiction is in itself a majestic act, solid proof that a person can redeem himself and change. Add to that an ounce of self-love, and that action becomes a source of rock solid happiness.

It will sound obvious, but I think it needs to be emphasized: Your last visit to your imaginary harem is your last because you will never voluntarily use porn again. You should not look at that which you leave behind with nostalgia or affection, but as your escape from the trap that has robbed you of so many valuable things. Don't go back to the place that hurt you, because you don't belong there!

After making your last visit to the virtual harem, clean your hands and clean your computer, mouse, keyboard, cell phone, any device you used to watch porn. These acts are not exaggerations, but small displays of self-respect. Up, up, up. Relax your shoulders and straighten your back. Hug yourself as if you were hugging a loved one. The first step is always the hardest. You have returned to yourself, you have become a moment worth living, Congratulations!

Eventually, you'll get to sort out all the little things you messed up while you were addicted, because you're free now. Brainwash yourself with that idea, and you will be. Believe that you're more powerful than your addiction, and you will be. Of course, don't forget the one thing you don't have to do to really be free: PMOing. There's no other way. If you think you are weak and unworthy of your own freedom, you will never overcome those chains that bind you.

No subject is worth discussing or debating with the monster. The monster can skip reasons if you let him, because he will focus on attacking your feelings. Instead of debating with yourself, better focus on this feeling: Life without porn is a better life.

Fill yourself up every time you need to with that feeling of elation. You have it within you, you are its creator.

Your probability of success is proportional to your certainty of having it.

Forgive yourself. If you want to improve your life, then you have a big task ahead of you, which is to research the root causes of your addiction, and why you stayed in that hole so long. What part of the brainwashing stayed with you the most? Why?

If you are still miserable because of your PMO, let your pain be the first and only proof you need to prove to yourself that you don't need to do it. Let the pain become the fuel to get out of the pain. Let it burn itself out. It's important for you to remember this: All excuses for PMOing are invalid and unjustifiable.

And a sad reality is that one can always generate more excuses, more pretexts for not facing a life without PMO. No matter how many good arguments and correct reasons and proven studies there may be, one always has the option to generate a new excuse, no matter how silly, ridiculous, and untenable it may be. And it's very easy not to watch porn, it must be one of the easiest tasks there is, but to force yourself not to watch porn? That depends on who you are. The real difficulty for many is that they have forgotten the wonderful life without PMO, it seems alien to them, and therefore, it terrifies them.

If you read the book and spent some time being happy without PMO but relapsed, then you have already proven to yourself that you are better off without a PMO and can live without it. Doubting this is the beginning of failure. Don't doubt your ability to heal.

You are already free, but you are choosing not to be. Finding the answer to this is crucial. It has to do with the most intimate parts of your being. I can't explain this in detail.

When one relapses (or should I say, deviates from the path of victory), the most common thing is that one generates, as always, an excuse. Boredom, stress and sadness, for example, commonly fall into this category. But when you look for someone to blame for your relapse, do you blame the addictive

nature of porn, brainwashing, or how the industry has experts in brain mechanics to keep you addicted? No, actually one usually blames his own self-image. It's not their perception of porn where all the blame goes on, but the self-esteem of the affected person. The brain associated PMO with orgasm, and therefore, as a success in the reproduction of its genes. Think about what goes through your head after relapsing "I was a fool, undisciplined, I don't deserve a good life, I'm the worst thing for myself, all the blame is mine, etc." These thoughts stab directly at self-perception and could explain part of, for example, a depression. While your image is damaged, porn receives nothing but compliments from your brain.

You have to redirect those negative feelings towards what has done you wrong. When you have those negative feelings, keep them in your mind and separate them from yourself. Control them and throw them right into your perspective of PMO. If you like yourself better, you probably won't punish yourself with those painful PMO sessions, which you know you don't need. You didn't ask to be an addict; you realized it when it was too late. It hurts me to have to repeat so much of what is already in the Hackbook, but many seem to suffer from the firstborn cause of failure: Failure to understand.

Smile and realize that you can be good to yourself, that you can treat yourself well. And that privilege, my dear reader, is as immense as the universe.

Think about someone who is forced to envy being someone else, someone who is not comfortable being himself, who envies the skin of that porn actor who is with that actress, or that fictional character who lives a certain situation, who thinks more about how wonderful and painless his life would be if only he were that someone else and not himself. Think that the one forcing him to feel like that, is an idea of himself. Think about how so much suffering is caused only by wanting to see more porn. Think that porn feeds on every time that you might fantasize about and desire furiously to be someone other than yourself; this feeling, of course, always comes with frustration, with helplessness for not being able to give yourself completely to porn and abandon yourself. But is that really your desire? I don't think so! I think it's the desire of porn for its own sake, to keep the monster alive inside your head! Isn't it about time you start letting go of the chains of your bondage?

Suppose you're forced to watch pornographic material for five minutes. Try to remember one of those scenes or images that you liked so much. Maybe it's accompanied by some sound, or you only remember selected details. The porn is there and you can't close your eyes or turn your head, because this porn is in your mind, it's a memory recorded in you.

Do you feel any arousal? Do you feel anything in your genitals or any change in your breathing? What are your feelings about what you are remembering? Get them identified, the porn wants to cloud them, make them confusing and make you only pay attention to that which wants to catch you.

Who's in control? You or the porn? Who controls your desire to masturbate?

You, of course. And to doubt your control over yourself is an inevitable road to failure.

You are in control.

Although you, as an animal seeking reproduction and sexual stimulation, cannot completely control that instinct, you can choose to act on it or ignore it. You may not be able to escape the effects of porn on your society, but you can defeat your desire for it.

Fear wants you to believe that it is a formidable opponent, that a life without addiction is almost impossible. It's very easy to defeat it. Fear is defeated by being certain of your ability to choose. Realize that at all times you can choose to be a slave or to be free. A moment has just passed, did you choose chain or freedom? If you were not PMOing, then you chose freedom. The question that remains is, why would you choose slavery?

When you're free, you can laugh at the fear on its face, you can mock the shadow of your past, the stresses of your life, and inhale the freshness of a new day.

Laughing at porn is a far greater satisfaction than any PMO session you might have. Instead of wanting to control the porn itself, or the urges or memories, why not control your desire for it?

You've already given too much to porn, it has robbed you time, energy, virility, opportunities, and self-esteem. But, the opportunity to be better? The ability to choose right now to be better than yesterday, and better than a moment ago? The human potential, inherent in you, to be free?

No, porn can never take that away from you!

Are porn addicts permanently damaged?

No. When we're in puberty and in the midst of sexual awakening, chances are our friends are talking about porn, with sex being something that generates both morbidity and curiosity. The first labels we probably heard about porn were that it's "educational", that it "takes away stress", that it's "healthy". And no wonder; in many regions sex education is deficient, non-existent, or a taboo. Today's industrialized society generates a lot of anxiety, it educates us with the idea that we are fighting against thousands around the world for a job that is probably more of a horrible job than what you really want to dedicate your life to, and those who best adapt to this system calm down those feelings with any drug or substance that makes them escape for a moment from their reality. Let's not forget that the rates of mental illness and suicide are growing at alarming levels with no stop in sight. Little has been done to discuss the addictive potential of pornography. I have not heard of schools where young people are taught its dangers, nor have I seen formal institutions to care for it, most doctors or psychologists in the world are barely aware of how to treat pornography addiction and its effects. If the largest community for recovery of addicts is NoFap, then we're kind of screwed. It should come as no surprise that so many resort to porn addiction. With the internet, you have access to a chain that knocks you down over and over, and makes you fall further and further down.

It's your life, do what you want with it. If you are someone who thinks the damage caused by your addiction is irreversible, I want you to know three things:

1. It's perfectly okay to feel that way.

2. You are not your addiction.
3. I think that if you're reading this, the worst is already in the past. If you give yourself a chance and enough time, I think you can enjoy life again.

And if you happen to be someone who has been abused by a porn-addicted partner, remember that it's not your fault and you're not your partner's problem, his problem is his problem and it's something he developed. You don't have to blame yourself, after all, that will only make you more miserable and won't solve anything. If you're looking for confirmation, I think if your partner has lied to you, cheated on you, or emotionally abused you, you should dump him as soon as possible.

One of the biggest pitfalls you can face on your own is thinking that the next PMO session will give you the satisfaction you want, or that the satisfaction you want is even there. The lie falls under its own weight, for time after time, this is proven to be unequivocally false.

PMO cannot give you lasting satisfaction, nor is that the intention of the porn industry. On the contrary, they want your satisfaction to be illusory, ephemeral and miserable so that you can stay addicted to their products. There is no such thing as the perfect person, the perfect body, the perfect video, the perfect story, the perfect image. But if no one is perfect, then we all are. As Stirner said, "we are all of us perfect! Because, in each moment, we are all we can be, and never need to be more." We are not what we should be, but what we can be. In the case of porn, all its products lead to the same route of misery (and the illusion is that, by all leading to the same route, no one leads to it really).

In this case, your satisfaction comes from not doing, from controlling your desires. Relaxing that mental muscle that tells you to do, is the most beneficial in these cases.

You'll never be satisfied with porn, you'll never find the perfect material, and that's okay. You'll never fully satisfy your sexual desire, and that's okay too, because moderation is an essential part of enjoying it. You will find, after you have given up your addiction, peace, and that is what we must seek today and always. Always seeking pleasure makes you a slave to pleasure. To always flee from pain makes you a slave to pain. Both the emptiness that you seek to fill, and the satisfaction and happiness that you have sought so much, are incompatible with pornography.

Porn is not sex, but because most of us start using it at a very young age, we don't get to develop a sense of true sexuality. Remember this and make it stick, because you won't find another mentality to serve you in your life:

True sexuality is a celebration of your body. Sex is a consummation of a couple's love in physical form, an emotional intimacy expressed in carnal pleasure. Being with someone you love and making them feel good is one of life's greatest pleasures. Each body can come to appreciate itself as a giant world of its own. You find so many things, so many details, not only in what porn teaches you to worship but in much more intimate and subtle things: voice, freckles, wrinkles, shapes, words, textures, hair, caresses; there is a surrender of oneself to that world. To teach oneself naked, to give oneself to intimacy, to throw oneself into the abyss of love and to allow oneself to be vulnerable, is a goodness

of this life that unfortunately many will never experience. If you have an opportunity to experience it, do so. But remember that safe, consensual sex is the best sex. An urge to dominate or try to bring porn into real life can take away many details that are far more valuable beyond the mere sexual realm. Having sex, just because you want to have it, is nonsense. Sex is not a mechanical up-and-down-front-back thing, it's not you in front of a screen.

Porn wants you miserable and spending on it. Happiness is doubled when two people enjoy sex. There should be no resignation or disappointment after reading the above.

Giving pleasure sometimes feels infinitely better than receiving it. Miserable is he who takes orgasm as the center of his existence. Embracing the one you love makes you much happier than the best masturbation you can have.

I'm not saying that you take genuine sex as an incentive to kick your addiction, the Hackbook takes that apart pretty good, what I'm saying is that porn is nowhere near faithful to a genuine sexual experience and you should not kid yourself thinking that it is.

You can forget about porn (and that's good, up to a point!), but it will still be there, with the requirements of an internet connection and a device through which to access it. A few clicks away, that chain will still be waiting for you, anxious for you to wear it around your neck. Many don't even fight against its dominance. Look at it this way: all the content that the internet offers you, be it gore videos, horror, education, tutorials, entertainment, all are there, as well as porn. You can download everything from entire libraries to tons of erotic material.

The internet is a tool, and there are no incentives to make it your enemy instead of your ally. The decision is entirely up to you. Watching porn doesn't come from anything other than your interest. Everything you need to stop watching it is already inside you. I hope your ears enjoy the sounds of your loud laughter of victory rather than the moaning of your acting (the pornographic moan is the sound of falling into addiction).

When I thought about leaving porn, I was afraid, but I couldn't identify why.

The fear, eventually, wasn't clever enough to hide from me. Its success became its downfall, as it became so great and so difficult to ignore, that I was left with no choice but to live with that discomfort forever, or to confront it. After trying so hard to fight addiction without fighting fear, I let fear envelop me. When it engulfed me, I looked it in the face and, as I suspected, it had nothing of value to say to me.

I was a fool, running away from such a tiny, ephemeral lake. It's not worth running away from such ridiculous things.

I think the most common type of fear is generated by the uncertainty of not knowing how to live after addiction. And there's only one answer to that: Without addiction, you live better. Anything else you can think of to refute it's not you, but the little monster, who is talking. Listening to him will be the

worst of your mistakes. Of course, the misfortunes won't stop after you quit the addiction. Problems are part of life, and happiness can only come from adversity, but quitting addiction is definitely one less problem.

Many consciously use their addiction to improve no other aspect of their lives. Don't be one of them. Don't let the fear of being a better version of yourself become greater than the fear of being addicted.

Remember that fear will try to attack you from all sides. It has a whole arsenal of your greatest weaknesses at its disposal. This does not mean that it is strong, but resourceful. Stay out of the way of fear, for you know that it will bring no good! Once the fear gets through, be sure to look at the path it left open. Look at that immense light, the dawn of a life without addiction, of a process that is enjoyed. That's how brightly freedom shines.

To help combat this fear, and going against the advice of the book again, let me give you a little guide to what your life could be like after addiction, if you have the chance:

You have no idea how much we get dehydrated at night, so starting with a glass of water when you wake up is important. You can prepare it right before you go to sleep. Sleep early and get up early, and try to get enough sleep. There are sleep calculators online to help you with this. Exercise, or at least do some stretching, don't start with too much if you're not used to it. I assure you that you will feel the positive effects almost immediately after you have done them. Meditate even for 10 minutes and give yourself time to breathe and realize what a privilege it is to have woken up one more day, considering that in this world there are those who do not survive their third day of life, the mere fact that you are reading this is a miracle. Just as you have to clean your body, you have to clean your mind. Take a bath, have a balanced breakfast, and if you have a job, get to it. Remember that the hardest part is getting started. Once the work is done, you can use your free time to work on your personal projects, and if you don't have one, you can create one! It doesn't matter if it's not very big, the important thing is to keep your mind on a goal so you don't go around like dust. Create a life that you want to live step by step. Give yourself some time in your day, however small, to consume content that you like, because being all the time producing things is also bad for the mind. At the end of each week, plan out what you plan to do the next week. Keep a schedule. Have a notebook where you write down your most important ideas and thoughts.

For all of the above, there are materials on the Internet that can help you in a big way. Go and conquer yourself, for phenomena are temporary, but the spirit that understands itself is eternal.

I know that these guidelines are extremely reductionist, and that each case is different. That is why it is important to know yourself, to think about the life you would like to have, and not to see it as something that "one day you will get to...", but to walk towards it, moment by moment.

Now that you know that both temptation and fear have no power over you, you tell me what is more horrific, to desire a life without porn or to fear it? Realize that fear is the only thing that allows addiction to stay with you, all the rest are illusions without any power or transcendence.

Once you have conquered fear, you have conquered everything.

So, when you are free, don't celebrate it timidly. Enjoy it loud and clear, with all the joy that ending that suffering can bring!

And when the last bit of my monster dies, I, his murderer, will laugh irrevocably! And my laugh will be the loudest and most shrill of all.

"But you don't get it, I'm waiting for X to happen in order to leave the addiction. I'm waiting for Y to come, for getting rid of Z. As long as X exists, I will be tempted to PMO. Y makes me weak in the face of porn, Z is more powerful than I am."

Keep waiting, then! Suffer, then! My desire to consume porn ended long, long ago, even before my last visit! If you plan to make your last visit with insecurity and a sense of sacrifice, then you'd better not do anything, you'll save yourself from that freedom you don't want!

When you are free, you are not addicted. When freedom is, addiction is not. Freedom is not afraid of addiction, for addiction cannot touch it.

You decide if you are free, therefore, addiction exists only when you choose it.

And if you are not choosing it, why would you fear something that no longer exists?

In your last PMO session, it is vital to realize how your physical sensation clashes with your mental warfare. Notice how slowly your thoughts become clouded. It wouldn't be bad if it were in a real sexual relationship, but in this case, you contribute to your addiction, that which you so much want to escape from. Have you forgotten that you don't really want to be there? Do you feel fear, or emotion that you might finally be free? You can do it quickly if you're in a hurry to be free, which I don't blame you for. You can take your time to analyze every detail of the trap and see how horrible it is, appreciate the view of the illusion you leave behind. Whichever way you do it, it seems right to me, as long as it works for you to properly cut ties with your addiction. You've probably already PMOed when you didn't really wanted to do it, so this shouldn't be that different.

You can be excited about your last session, but not for the session itself, because that will be your ticket to freedom. You'll get your head out of the sand, and from the moment you close the page, you can always look back on those dark times and say, "Fuck yeah, freedom!".

When I visited my harem for the last time, I saw some materials that I remembered were extremely stimulating for me when I first started PMOing. I remember that the first video I coomed with was the last one. I closed the cycle on my own terms. There are no words to describe the happiness I felt after closing the browser, after telling myself "It's finally over", but it's a wonderful feeling, which lasts up to this day.

And then I never went back to PMO again.

In the end, freedom can become an obstacle to itself. There is no victory if you are always afraid to relax. There is victory when one can forget about porn and live independently of it. Let me elaborate on this.

When one is in an advanced stage of recovery and the monster is dead, when one has experienced the "moment of revelation" and can pass his days peacefully without a single thought of PMO going through his head, he is said to be completely healed, but he is not. One cannot forget pornography and its effects, as society uses the latter for various purposes such as selling you products, objectifying women, normalizing and expanding the pornography business, etc. Therefore, in order to be cured one must first cure oneself, and then cure the society around one. One can start with small but significant acts, like recommending the Hackbook to a friend, or start talking more openly about the problem of porn and porn addiction in society.

Don't think about being free, BE free. When you get to the point where you reject porn without even having to think about it, then you've reached a level of complete freedom. When you find yourself unconsciously rejecting porn, you will take a deep breath and see, in front of you, the last of your little monster. Its dead body is the ashes that will make the plants in your garden grow, and its last breath is the breeze that will spread the seeds of a better world.

Of course, if you are just beginning your recovery process, don't try to run before you walk, be patient, you will get there if you take it with joy and love yourself. The hardest part is having your final session, and if you've already done that, the rest is easy peasy!

If you were certain that tomorrow is the end of the world, would you PMO?

Of course not.

Why not? It's the end of the world, nothing will matter anyway, and no one would care.

Because I don't want to, and I care about what I want.

And that's it.

Postscript

Truly, quitting addiction is easy. This book became a kind of compilation of thoughts and answers that I had and saw in others, but could not tell anyone but myself. Now that you have read them, they belong to you. Do what you want with them.

I was not so motivated to write the meditations that appear in this second edition of the book. To be fair, I was going to write a whole experimental method of how to get rid of "invasive" thoughts, but I realized that it was a waste of time, whoever is convinced at heart, has no real invasive thoughts, whoever is not afraid to fail and is happy with his decision, can get rid of any temptation that the monster puts in front of him. This is because he who has invasive thoughts is giving them power. Then I asked myself, was it really necessary to give so much thought to the subject as a whole?

And the answer is no. One of the most frequent tricks of the mental monster is to make you overanalyze your thoughts and overcomplicate things. Keep it simple. You have everything you need to overcome the addiction within you. Have you decided that you want to stop being a PMOer? How much thought can you give to that choice? Stick to your decision, and with a feeling of elation with it, you'll be fine.

Since watching porn offers you zero benefits, it's something that only hurts you, and it's extremely ridiculous to want to do something like that, I compare it to drinking bleach. Here you go:

The hard journey of not drinking bleach.

Hi! We are NoBleach and we host rebooting challenges in which participants ("Bleachstronauts") abstain from drinking bleach for a period of time. Whether your goal is casual participation in a monthly challenge as a test of self-control, or whether excessive bleach drinking has become a problem in your life and you want to quit for a longer period of time, you will find a supportive community and plenty of resources here.

"Sometimes I allow myself to drink one or another glass of bleach. I know about that the "one drop" is a lie, but I don't think a single glass will hurt. One cannot destroy all the hours that I have spent without doing so."

"I don't have a problem stopping drinking bleach, but sometimes I go down the street, and I see someone drinking water, you know, in a glass, and I imagine that the glass has bleach in it. Then I have a craving and, after debating with myself whether I should do it or not, I finally give in at night and drink a glass."

"Look, my problem is that sometimes, when I'm alone in my kitchen, I start to see the glasses, sometimes I tempt myself by opening the container where I keep the bleach, sometimes I smell it and... Well, I end up right back where I started. I'm so desperate to stop this, but I'm not sure if I'll ever be able to stop."

"Stopping drinking bleach is impossible, I mean, I always have a mouth, you know? How am I supposed to stop if I always have a throat which reminds me that I can swallow bleach?"

"Oh man, it was going so well, 19 whole days without doing it. The important thing is to learn from failure! Now I know what to avoid doing: looking at cleaning products in the supermarket. I will try to make it to a month! I'll reset my counter. Wish me luck!"

If you have an urge, calm down dude! Remember what the hackbook says:

"Bleach is difficult to give up because of fear we're being deprived of our pleasure or prop. The fear that certain pleasant situations will never be quite the same again. The fear of being unable to cope with stressful situations. In other words, it's the effects of brainwashing deluding us into believing that buying bleach, and by extension drinking it, is a must for all human beings. Even further, it's the belief there's something inherent in affordable bleach that we need, and that when we stop using we will be denying ourselves and creating a void. Make this clear in your mind: Bleach doesn't fill a void, it creates one!"

And I say:

"Suppose you're forced to watch a glass full of bleach for five minutes. Try to remember one of those brands or smells that you liked so much. Maybe it's accompanied by some sound, or you only remember selected details. The bleach is there and you can't close your eyes or turn your head, because this bleach is in your mind, it's a memory recorded in you.

Do you feel any craving? Do you feel anything in your tongue or any change in your breathing? What are your feelings about what you are remembering? Get them identified, the bleach wants to cloud them, make them confusing and make you only pay attention to that which wants to catch you."

With the above, I am not trying to dismiss your feelings, much less say something like "haha me smart you dumb", but to give you perspective so that you realize how ridiculously easy it is (and always will be) to overcome this addiction.

Watching porn is not like an on/off switch where you say "oh well, I'm in situation X, then I'll watch porn". Fantasies! Lies! How often do you allow yourself to drink a glass of bleach? Never? Why? Because it's a horrible thing, that's why! How are you supposed to escape your addiction if you don't realize that PMO is a horrible thing to do to yourself?

Before I conclude, I offer you the "secret", if you can call it like that, to end this once and for all.

Don't want because you want.

Better don't want because you don't want.

With this, a feeling of joy, happiness and relief.

And remember that, as incredible as it may seem, boners fade away.

About the Porn Addiction Recovery Community

“I-I-IS THAT A... A-A A FEMALE GIRL???! I C-CANT... I MUST... OHGODIM... IM COOOOOOOOOOOOOOOOOOOO M M I I N N N N N N N N G G G G G G G G G G G G”.

-You, probably, at some point of your life (and me too).

This is the mentality of a coomer in a false syllogism:

- PMOing is healthy, it takes away stress, and it gives me satisfaction on a personal, sexual and spiritual level.
- I can't control my porn consumption, when I suffer or feel depressed, I turn to PMO, and in the end, I keep suffering and feeling depressed, because PMO doesn't solve any of my problems or their causes, on the contrary, it took time that I could have invested in thinking of possible solutions or improving my mental stability.
- Therefore, PMOing is healthy, it takes away stress, and it gives me satisfaction on a personal, sexual and spiritual level.

I will assume, for the sake of brevity, that you, my dear reader, are familiar with the coomer meme. This Wojak is a mockery of someone who is immersed in his addiction, and has unwittingly lost control of himself. I see it as a wonderful act of trying to generate awareness of the problem through humor. For those who don't know that they are caught in the trap of the industry, this meme can serve as a first tap on their reality bubble. There's no reason to be fooled into thinking it's just humour; it has an implicit message, which everyone can interpret in their own way. I like the way VJMP put it:

The Coomer is an archetypal figure that warns against the consequences of sex addiction and genital worship. Much like Tolkien's Gollum, whose obsession with the One Ring reduced him to a wraith-like figure, the Coomer is a pitiful creature. Invoking him serves to ward off addictions to pornography and the slack-jawed sedation that comes from oxytocin overload, a phenomenon known as "cumbrain".

We must always remember that the coomer is a caricature of reality. Unfortunately, it is being used to attack addicts rather than help them. If the addict feels alienated rather than supported in recognizing and dealing with his problem, he will turn to porn, and it will only make things worse for him. I was enslaved, you probably were too. We know that, behind that facade of pleasure, unconcern, and endless lust, there is a deep misery, a desire to escape from reality to pretend to be someone you are not. And so, if the addict recognizes his problem, there is nothing to do but try to help him.

Some will remember the subreddit r/Coomer, dedicated to posting porn addiction memes, which, because of its poor moderation, slowly became a platform for hate. The mockery was no longer a reason to raise awareness. Those who explain the world with six parentheses feed on hate, which is more repulsive and lasting than the fear that addicts feed on. When one's message focuses on hate,

that anger takes center stage, and inadvertently shuts down all talk of healing and support, focuses all the energies on hate, and his bond with his peers is not fighting a common problem, but feeling superior to others. This prevents the problem from being effectively eradicated, as they focus on its consequences and not on its causes.

We must realize this: addicts are no longer interested, for the time being, in the physical and mental damage that they are doing to themselves. They are interested in the end of their suffering, nothing else. When they learn that there is a method in which they will not suffer anymore, they will approach it for themselves.

This is the average mentality of someone who "fights" porn addiction in a false syllogism:

- Fighting the temptation to consume the material I desire is very difficult! I have invincible urges! I'm addicted to porn!
- I don't want or desire to watch porn, nor do I need PMO in my life.
- Therefore, fighting against the temptation to consume the material I desire is very difficult! I have invincible urges! I am addicted to porn!

If I had to describe this community, I would say that we are like a bunch of sperm trying to reach the egg. But that's obviously a simplistic view of the real problem. There are a lot of people in a lot of sectors affected by the effects of the porn industry. This is a problem in which the whole of society is involved and it's only getting worse every day.

NoFap is the community of perpetual failure, and will remain so unless they accept new approaches. Their problem comes from the 90-day challenges, for if that is their foundation, then they are already walking into the wrong place. NoFap subjects the addict to more suffering than he already suffers, urging him to stop doing PMOs, but not to stop desiring them. The notion that quitting PMO is difficult couldn't be further from the truth; overcoming addiction is easy, if you know how.

To explain this better, read the following post that the user u/hk9 posted on r/pmohackbook:

"The Final Guide" X-post From Another User On How The PMO Hackbook Makes Quitting PMO Effortless.

The following is a repost from u/UpaCha*, since the* r/NoFap Mods deleted the original post I can't link to it directly. The "OP" that he refers to is a direct link to the original PMO hackbook site. I had read the hackbook a couple of times and it hadn't quite clicked in my mind, but this post is what ultimately sealed the deal for me and I think someone here may find it useful. It's great to see that a revised version of that same book is making the rounds online.

1. [see OP]
2. [see OP]
3. Realize that this was neither a sacrifice nor an accomplishment.
4. Stop counting.

5. Drop the label.
6. Leave.

Explanation for each step:

1. This is the best book(?) I've found, based on a successful book on how to stop smoking.
2. Step 3-6 requires the reader to have completed step 1.
3. My great-grandfather was a sailor, a simple man with simple tastes, his life was traveling port to port earning money for his family back home. Among the crew was a man with a smoking habit, though I forgot whether his complaints were about the cost of his vice or the lack of tobacco, my great-grandfather responded to his complaints. The sailor's excuses were put to rest after my great-grandfather put forth a bet, he'd take up smoking for a year, and on the day of the bet he'd quit forever. Once at the port he set out to buy a pipe and some tobacco, as much tobacco as his financial situation would allow, a new ritual was born--and died a year later. Did he do this just to prove a point? Yes. My great-grandfather wasn't a monk, he wasn't an abnormal guy, he was the average Joe of his time. This isn't smoking, far from it, people have given this thing power and seek an external "cure" when this is all about mindset. By viewing this as a sacrifice you're doing yourself a disservice, you're giving weight to an illusion. Likewise, you're doing yourself a disservice by viewing this as some sort of accomplishment, it's nothing. You chose to refrain from acting on impulse, congratulations, now you're a human being--back at the top of the food chain--instead of some feral zoo animal. I understand that it may take some time to get used to things like walking upright, wearing clothes, and speaking a language so let's not dwell on the past or plan the future. Got homework? Deadline coming up? Don't put those things off, start living today.
4. I didn't stop playing video games by counting the days since my last Steam login, I didn't find love by counting the days since my last breakup, I didn't start eating healthy by counting the days since my last visit to McDonalds, I didn't stop smoking weed by counting the days since my last bong/vapor/pipe hit nor did the friend of a friend of a friend quit heroin cold-turkey, alone, by counting the days since the last shot of heroin. I have no idea how or why this started but this is without a doubt the most destructive thing you guys could possibly be doing, the entire point is to stop making your life revolve around it and the only thing this changes is making your life revolve around not doing it. Again, I started living and forgot about video games, I only bring it up now because it's a decent example and one of the many things I quit cold-turkey--as you all should as well, I'm at the bottom of my life, young and already done more damage than most my age have, I can't go into details without doxing myself. No support system, no nothing. I have mental illness which impact my ability to do these sorts of things but already with all this including myself going against myself (up until some years ago when I started to self-analyze, and be aware, concentrate on my actions etc.) my life is getting back on track, fast. I don't care if you're dead, there's no excuse for anything, I have no excuse for my prior actions, what doesn't kill you makes you stronger. "Too late" only applies when you're dead.
5. Similar to 4, this is so destructive I'm wondering if this wasn't a PSYOP made to trick people into an endless cycle. Imagine me labeling myself as a NoGames, a NoBreakups, a NoMcDonalds, a NoWeed or my friend-of-a-friend-of-a-friend talking to me about being a NoHeroin, it's all behind you, you're done. So why are you applying a label to yourself? Just think about what this implies, there's no past-tense on your label, it's in the now. It implies

you're actively fighting this which is horseshit, I didn't fight off my video games nor did I fight off this and I had been acting like an angry monkey since I was 13 years old. I had heard about this place and this odd term people self-identify with, never thought about it until today when I saw someone commenting and it just dawned on me that he was actually COUNTING days, I was amazed, what is this? A science experiment? No? You're going for a high score? I don't know where this came from but it is probably the most destructive thing you guys could be doing, remember as a kid how you were playing arcade games? Do you remember when you put in one coin and played for the rest of your life? No? Neither do I. There's no number beside the score, this isn't a game, you don't have to actively fight yourself here. You're not sitting there with withdrawals like an individual who's body is craving crack cocaine or meth or heroin, your brain was producing dopamine, that was all, dopamine, you're not sitting there shaking, this is nothing. The solution to this is simple...

6. Leave. I look to my right and I see 216,912 "Fapstronauts," "Fapstronauts currently online: 356," "The new day counters are LIVE!" "PANIC BUTTON! - RELAPSE PREVENTION TOOL" what is this bullshit? Seriously whoever is behind this page, is literally working against every single person who came here for information. I am absolutely certain, there is no way the admin could possibly be this stupid, no way is the admin accidentally doing this, is there merch for this shit too? Can you buy a shirt to remind yourself to not do something? I was just going to write a short and to the point elaboration on each point but looking around I'm in awe of the psychological warfare going on, where's the signs telling the people here to not push the red button? Amazing. Well, you get the drift. Imagine going to a site called NoGames, the people are called NoGamers, NoGamers currently online: 356, the new day counters are LIVE! And you all come here talking about how many days since you last played a video game, someone "relapses"--GEE, I WONDER HOW--because you're all sitting on a website constantly reminding all of you exactly what it is you're NOT doing--THAT'LL HELP--and then once he's off this site he goes on to some chat group dedicated to NoGame and he discusses tactics with other NoGamers about how to avoid games and gaming. Leave. Leave everything, this site, the groups, this is not an addiction, you guys are not addicted, you're being constantly reminded about something you guys just don't want to do, that's it. This is self-destructive. This site and every site like it, the groups, the culture, the labels, the terminology, is the very reason you are all suffering. Attachment is the source of suffering, and you have replaced the attachment to something as meaningless as acting like zoo animals, with the attachment of reminding yourselves every day to NOT act like zoo animals. THIS is the problem, once you guys have done step 1. you'll be done, it's not a cure, this is not a sickness, not a disease, it's not even a habit unless you've been doing it for a long time, then it's merely a habit, this is dopamine, that is all. By treating it as anything else, you feed into the very thing destroying you. This is not the beginning of a battle, you won the war once you finished reading step 1. Once you've completed step 6, you'll never re-enter it. Here's a bonus secret step 7.
7. If you're not into reading, start today. Use gen.lib.rus.ec to find any book you want to download, start making your own personal library.
8. (and final point) I went through the top posts here and I see a lot of people using words like "I think" and "maybe" and "this time" etc. I think you guys need a mindset 101:

Mindset 101:

- "Who, if not you? When, if not now?"

- Replace HAVE TO/NEED TO/GOT TO with WILL DO.
- Replace IF with WHEN.
- Your thoughts manifest themselves, confident mind -> confident body.

If you don't like the recovery community, you can start your own. If you're interested in helping the community you are already in, change it the way you see fit.

Another sector that I have seen being unfairly attacked is that of sex workers. The reality is that the vast majority of them are forced to participate in the industry, being threatened, extorted, deceived, or simply being the only option left to survive. There are drugs that make them seem happy and willing to do anything for what they are paid. Their incentive to keep making money is to make the industry seem positive and "wholesome". Being a porn actress, as comfortable as it may seem, takes a mental toll in the long run; it's not healthy to be seen by your audience as a mere pleasure object, and having to reinforce that mindset to keep working. Not to mention that being a porn actress can damage your public figure and intimate ties with others to irreparable levels.

Both physical and digital prostitutes deserve more empathy than the one we are currently giving them. Young women with access to the internet are learning that a sexually provocative picture gains them attention, and their reward is that beautiful dopamine caused by likes. A powerful economic incentive comes from immortalizing your body (as edited and produced as possible) in pornography, and there are those who defend that. All you need to produce pornographic content is a body and a phone with a camera and the internet. There is the exploitation of the man, who is turned into an addict, and the exploitation of the woman, who is turned into a commodity.

Whose fault is it mostly that this happens, those who produce the content, or a society that supports, allows, and defends these acts? What is more beneficial to focus on, to attack the consequence, or to remedy the cause?

To understand the perspective of someone who was in the industry, read the following answer to a post from a user whose username I unfortunately did not manage to recover:

Pornstars of reddit, what are the dirty secrets in your industry?

- We lie to you. We're selling a product - the sex, the persona, whatever. Like actors do press tours, everything a porn star (or any other kind of sex worker) does on social media is advertising to convince you to buy. So we tell you we love it, that we're all a happy family, that we think you're great and thank you for supporting us. Anything to make you click and pay. You would think I wouldn't have to say this but unfortunately you're wrong. It's not real a huge amount of the time. We are paid to lie and behind the scenes it can be very pressurised if you even let a little bit slip that makes things sound less than 100% happy-go-lucky sluts. It's incredibly stressful if you experience a scene you don't want to do but can't really tell anyone

because people get pissed off when you ruin their fantasies or they don't believe you because of the lies the industry sells that we're all about sex all the time.

- So much abuse. Drug abuse, emotional blackmail. Rape is more common than anyone wants to acknowledge and one of the things that made me quit and get intense therapy was the knowledge of how many rape scenes are real. I experienced what was packaged as a "rough sex" scene, I had bruising and tears and it was traumatising. I cried in the scene because my partner (who had his own issues to be fair) was too big for me and not acting his roughness. Our buyers enjoyed it, I was told.
- There are so many victims stuck in the industry. You don't know right away but then you talk, or you watch in between filming and you just know, you hear the rumors Buyers have no idea except in the back of their minds that there are so many abused people stuck in the industry, and they don't want to think about it because it ruins the fantasy. But you have no idea what it does to you when you meet a very young guy glazed out of his poor mind on god knows what, needing drugs to get hard, and underneath it all you realize he's scared and ashamed. Or the women who do so many scenes but who barely see any money from it, kept poor because keeping them poor keeps them stuck in the industry.
- A lot of people work sick. Which is just uncomfortable. So many scenes where someone is hurling into a bucket off camera or running into the bathroom. Fainting isn't uncommon. Weird sensations like numbness or tight chests or muscles which I guess is drugs or stress or exhaustion.
- Other "stars" can be worse than the staff. Because if you make the industry look bad, people start asking questions, they might lose buyers and money. They can push you more and sometimes get away with more under the guise of "encouragement" or "protecting [their] image".
- Young men from all over Asia are heavily exploited. It breaks my heart. So many of these guys are so young and poor and put into uncomfortable gay male scenes.
- The trends towards extremer and extremer acts is disturbing and makes me glad I am safe from it. It's worst in gay male & straight scenes. I have no experience of the former because I'm not a guy, but I've heard stories and scene enough footage. It's just not healthy, emotionally or physically, where things are going. People have become normalised and desensitised to previous stuff, it's not enough for them, or it gives them the taste for more. So now gaping, extreme stretching and prolapse porn is a very "hot" trend.
- When you say this stuff people send you death threats and rape threats, doesn't matter if you're a guy or girl. You get told the most vilest things. People are terrified of getting violent threats if they speak out about.

The Hackbook is obviously far from being totally effective. This is proven by the amount of posts in its subreddit that advertise its persistence in addiction after reading the book. It cannot be verified whether these people followed the instructions properly, but I will give them my vote of confidence and assume that they did. Analyzing those posts, I can see that the biggest reason for failure is the failure to understand and remove the brainwashing. We all have our different ways of learning, and that's why we can't make a Hackbook with a 100% success rate.

Still, I sincerely believe that it is the best method we have to date to free many from addiction. And there's no denying that, for those who have been caught up in more conventional methods, such as willpower, it can turn out to be a lifesaver, a drink of fresh water in the middle of the desert. We should seek to improve the book as much as possible, to explain its message to those who have not understood it. I don't think I can get any strong negative points out of the Hackbook, I think its effectiveness depends more on each person and their specific case, and the fact that it helps a great majority speaks volumes about it.

There are a few unfortunate people who openly reject the book without giving it a chance or finishing it off, perhaps out of fear of quitting their addiction. Why are the most popular communities labeled "the best" when they prove themselves time and again to be mostly ineffective in their methods, and therefore, in their results? The fact that subreddits such as NoFap or Pornfree are not discussing the book's approach is the greatest proof that they are not interested in finding a way out of addiction. It doesn't help that the most frequent advice when an addict first asks for help is to "Join NoFap!", setting him on a path of additional suffering that is completely unnecessary.

I imagine that it must be largely comfortable "fighting" the addiction, it must be very pleasant to relapse again and again, having an entire community with you who is failing the same way. It's more miserable for someone who says he wants to escape from the pit, but doesn't even want to look up, than for someone who unashamedly admits that he's comfortable at the bottom.

Now, the method offered by the book does NOT work for everyone. It does not work for those who do not want to be free of their addiction. You may have read the Hackbook over and over again, you may have taken off your veil and seen the lies that porn feeds you, but if you really don't want to be free, if you are actively making the decision not to be free, then it will never work. The responsibility, in the end, lies with yourself. The book offers you a key to free yourself from your chains, if you don't use it, then you have nothing to claim. You know that you want to be free? You know that PMO has zero advantages and that you don't want to do it ever again? Then you know what you need to know.

Then the cycle of self-contempt can begin, in which one hates oneself and then falls back. After relapsing, he feels bad about it and wants to change, but he feels that a person as bad and terrible as himself does not deserve something as good as freedom, and he relapses again... Here lies the importance of recognizing and redirecting feelings.

There is no concrete guide for using the book, beyond following the instructions. But from there on out, you can take your own notes, ask questions, write your own reflections (like me now!), and feel free to absorb its contents in whatever way you please. The same goes for this text, so make sure you get the most out of it. And if you don't agree with me, then please don't stay silent; learn and build on my mistakes to create a better and more effective text. My real victory over pornography will not come from overcoming my addiction, but it will come when talking about porn equals talking about heroin.

It is important to understand the book, but it is more important to understand yourself.

Can we turn the fight against pornography into an "inevitable victory"? I don't think so, but I certainly believe that we have the capacity to strive every day to make sure that we eventually succeed. If we

want to find a definitive cure, the road is long and difficult; we will make many enemies in the process. Fighting porn addiction also means fighting against the normalization and positivization around it. But the point is not to defeat addictions tomorrow or in 90 days. Our job is clear; to reject porn, starting today, now, and all of life hereafter.

If you still have a porn addiction, you should stop reading this and have your last session as soon as possible. Now, preferably. I could write the perfect words in the right order, but if you don't convince yourself, then you can spend your life reading without taking any action.

Masakatsu Agatsu Katsuhayabi – True victory is self-victory, here and now.

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