

Brainbuddy App

Posted by Mosherabbi - 31 May 2020 14:43

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Hi to all.

?Recently came to the realization that I must get my act together and work on a clean and workable plan.

Reached out to Guard Your Eyes who helped me understand urges and how to deal with them. The partner and mentor program helped me reinforce the plan set for me.

Although I fell and fell, I feel that the plan drawn out is gradually helping me slowly slowly rewind.

I've recently found an app called BrainBuddy - this app is geared to fight pornography and it features personalized planning and exercises.

Has anyone seen this app before? Any thoughts?

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