

Anxiety and Addiction

Posted by wondermangetshelp - 06 Jan 2025 19:58

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Hello to all, I'm a religious studies student and was very curious to see this approach on breaking free from pornography. I've come to terms with understanding my ways of coping with anxiety and stress, and I want to learn more about Jewish resources that assist or discuss such.

I'm big on reading Jewish resources (big fan of Artscroll's stuff), so if anyone has any good book recommendations — please feel free to share. Don't hesitate, even if you think I'm not ready for it — I definitely am open and welcome all types of book recommendations.

Thank you.

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Re: Anxiety and Addiction

Posted by redfaced - 06 Jan 2025 21:50

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Good start is [The Battle of The Generation](#)

Good Luck !!!

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Re: Anxiety and Addiction

Posted by yitzchokm - 07 Jan 2025 00:40

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<https://guardyoureyes.com/forum/19-Introduce-Yourself/399000-My-long-journey?limit=15&start=45#422020>

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