

My intro

Posted by FreeSu - 18 Aug 2020 18:56

Hi,

I joined this to get rid and free from pmo for the rest of my life.

I had been addicted very strongly to masturbation from my young age till now. Also, pornography addiction is also there.

I had suffered and gone through continuous spiritual, mental and physical struggle and weakness because of this . Also it had impacted me in my studies, work ,family and social relations

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Re: My intro

Posted by Aaron1 - 18 Aug 2020 20:47

Welcome. You've come to the right place.

A good place to start is to read the GYE handbook:

https://guardyoureyes.com/ebooks/item/gye-handbook?category_id=150

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Re: My intro

Posted by Captain - 18 Aug 2020 21:06

Check out this incredible book/ ebook The Battle of the Generation <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>. It will help you literally change your attitude so you will have a completely different perspective on this battle.

Also check out Rabbi Shafier's awesome lectures on breaking free: The Fight. Download here: <https://theshmuz.com/series/the-fight/>

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