



# Men's Painful Secret: A Powerful Self Help Manual Helping Men Overcome Porn

*Mr Albert Gentleman*

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Families and couples relationships are under attack. An increasing number of men are less committed to family or their partners and are being weakened with divided attentions due to excessive viewing of pornography. It is getting difficult for teens and young male adults to find men of integrity with good moral ethics for counsel, advice and role models. Women are finding it more difficult to find these type of men as well. What the majority of women want are good, honest, mature men they can trust and be friends with, not to be objects for men's fantasy and sex. Viewing pornography can make men feel bad about themselves, negatively change their attitude to sex, damage relationships and waste their time and money. Like many compulsive behaviours, porn viewing usually is done in secret, which then causes men to be reclusive and then people begin to wonder why they're so passively absent. For many men, the continued viewing of porn has led to porn addiction. Many families, marriages, friendships and individuals are being destroyed by this deception, and it is increasing year by year. This self-help manual has been created in order to help men and teens overcome the dangerous effects of constantly viewing pornography. This manual has already been completed by many individuals and used in our seminars, with very positive feedback. Men have been set free from porn use and have discovered their life purpose and begun to map out their goals and the steps to achieve them. These men have learned how to respect women and treat them as God would treat them. Temptations will always be there, but after completing this manual men and teens will have the tools to overcome temptation and be set free.

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