

Sexual Detox A Guide For Guys Who Are Sick Of Porn

The Discipline of Spiritual Discernment (Foreword by John MacArthur) - Tim Challies 2007-12-19

Spiritual discernment is good for more than just making monumental decisions according to God's will. It is an essential, day-to-day activity that allows thoughtful Christians to separate the truth of God from error and to distinguish right from wrong in all kinds of settings and situations. It is also a skill—something that any person can develop and improve, especially with the guidance in this book. Written by a leading evangelical blogger, *The Discipline of Spiritual Discernment* is an uplifting, scripturally grounded work that explains the need for discernment, its challenges, and the steps that will cultivate it. Author Tim Challies does not do the discerning for readers; he simply shows them how to practically apply scriptural tools, principles, and wisdom so that their conclusions about everything—people, teachings, decisions, media, and organizations—will be consistent with God's Word.

The Reciprocity Advantage - Bob Johansen 2014-09-15

A powerful new kind of competitive advantage is now possible thanks to technological and social disruptions that are already occurring. These disruptions revolutionize how companies can partner to create new growth. *The Reciprocity Advantage* shares a model for creating that growth: define your right-of-way (the underutilized resources you already own that you can share with others), partner to do what you can't do alone, experiment to learn, and scale the new business at low risk. Reciprocity and advantage are words that are not normally seen together, but reciprocity—giving now to get later—will become a normal part of winning in the future. *The Reciprocity Advantage* shows you how to leverage new forces like digital natives and cloud-served supercomputing now into massively scalable, profitable, incremental growth for your business. Provocative and pragmatic, leading ten-year forecaster Bob Johansen and experienced business developer Karl Ronn describe how to lean in to disruptions to create new growth for your business. They include actual cases showing early successes for a range of companies and nonprofits like IBM, Microsoft, Google, Apple, and TED. They then provide key exercises to define your promising new ideas and nurture them into healthy new businesses. Their recommendations are based on practical experience in managing the problems of new business creation and many years of helping others see the future more clearly. Distilled from hands-on work, this book gets you started today on creating your own reciprocity advantage.

The Silent Language of Leaders - Carol Kinsey Goman, Ph.D. 2011-04-19

A guide for using body language to lead more effectively. Aspiring and seasoned leaders have been trained to manage their leadership communication in many important ways. And yet, all their efforts to communicate effectively can be derailed by even the smallest nonverbal gestures such as the way they sit in a business meeting, or stand at the podium at a speaking engagement. In *The Silent Language of Leaders*, Goman explains that personal space, physical gestures, posture, facial expressions, and eye contact communicate louder than words and, thus, can be used strategically to help leaders manage, motivate, lead global teams, and communicate clearly in the digital age. Draws on compelling psychological and neuroscience research to show leaders how to adjust their body language for maximum effect. Stands out as the only book to address specifically how leaders can use body language to increase their effectiveness. Goman, a respected management coach, is widely considered as the expert in body language issues in the workplace. *The Silent Language of Leaders* will show readers how to take advantage of the most underused skills in the leadership toolkit—nonverbal skills—to improve their credibility and stay ahead of the curve.

Think Before You Look - Daniel Henderson 2005

The treacherous sea of pornography is drowning millions of young and middle-aged men. Research indicates that sixty percent of Christian men are addicted to pornography. Most are naive and unprepared as they journey into the attractive but deadly waters. The best approach to helping men with this struggle is to give them strong preventive tools.

Wired for Intimacy - William M. Struthers 2010-02

Pornography is powerful. Our contemporary culture has been pornified, and it shapes our assumptions about identity, sexuality, the value of women and the nature of relationships. Countless Christian men struggle with the addictive power of porn. But common spiritual approaches of more prayer and accountability groups are often of limited help. In this book neuroscientist and researcher William Struthers explains how pornography affects the male brain and what we can do about it. Because we are embodied beings, viewing pornography changes how the brain works, how we form memories and make attachments. By better understanding the biological realities of our sexual development, we can cultivate healthier sexual perspectives and interpersonal relationships. Struthers exposes false assumptions and casts a vision for a redeemed masculinity, showing how our sexual longings can actually propel us toward sanctification and holiness in our bodies. With insights for both married and single men alike, this book offers hope for freedom from pornography.

Sexual Detox - Tim Challies 2010-10

A huge percentage of men need a porn detox, a moral and psychological reset. Do you? If so, whether you know it or not, pornography has corrupted your thinking, weakened your conscience, warped your sense of right and wrong, and twisted your understanding and expectations of sexuality. You need a reset by the One who created sex. Time to detox.

The Wandering Mind - Michael C. Corballis 2016-10-28

"Does the fact that as much as fifty percent of our waking hours [finds] us failing to focus on the task at hand represent a problem? Michael Corballis doesn't think so, and with [this book], he shows us why, rehabilitating woolgathering and revealing its ... useful effects. Drawing on the latest research from cognitive science and evolutionary biology, Corballis [posits that] mind-wandering not only frees us from moment-to-moment drudgery, but also from the limitations of our immediate selves"--Amazon.com.

Clean - Douglas Weiss 2013-05-06

You have been called to a life of sexual success! Every Christian man is born into a sexual war. The enemy attacks the young, hoping to scar them permanently and leave them ruined. But your past is not enough to keep you from the enduringly clean life you want and deserve. Clean is a priceless, no-nonsense resource for every husband, father, brother, son, friend, pastor, and Christian leader on the front lines of this war. It is a soldier's handbook for those ready to reclaim their homes, churches, and nations for the God who has built them to succeed. Dr. Doug Weiss has been clean for more than twenty-five years, and he has devoted his life to helping other men achieve victory. "This book," says Dr. Weiss, "contains tested and tried weapons for you to get and stay clean, not for a week, month or year, but for the rest of your life." Clean provides you with biblical, practical, dependable weapons for seizing and maintaining a clean life for yourself and those you love. You will even be equipped to reach out to your brothers-in-arms and teach them to walk with you in cleanness. "If the Devil wants war, bring it on!" says Dr. Weiss. Join the battle! Your sexual life is worth fighting for!

Closing the Window - Tim Chester 2012-06-11

Pornography is everywhere. Far too many Christians regularly use and are addicted to it, warping their perception of sexuality and relationships, destroying marriages and ministries. But Christians who struggle with porn also long for change. When we realize the unfulfilling emptiness of porn, we come to yearn for freedom from it. But what do we do? Tim Chester says that we can be captured by a better vision—a liberating confidence that God offers more than pornography does. Moving beyond pat answers or mere willpower, Chester offers spiritual, practical and corporate resources for living porn free. He exposes the false promises of porn and redirects us to the true promises of God. With assurance of God's grace and cleansing power, we can change our desires and escape the traps and temptations of pornography.

However great the challenge, God's grace is even greater. And we can come to a place where we no longer feel the need to use porn. Close the window on porn. And open the door to freedom, integrity and new life.

Sexual Detox - Tim Challies 2010-09

Sick of porn? Time to detox. A huge percentage of men need a porn detox, a moral and psychological reset. Do you? If so, whether you know it or not, pornography has corrupted your thinking, weakened your conscience, warped your sense of right and wrong, and twisted your understanding and expectations of sexuality. You need a reset by the One who created sex. In this book, I hope to help you reorient your understanding of sex, both in the big picture and in the act itself, according to God's plan for this great gift. I want to help you detox from all the junk you've seen, all the lies you've believed. This is not an easy process. It is rarely a quick process. It involves a letting go of old realities and an embrace of a new normal. To be willing to go through it you need to see how bad your current situation really is, and how the path you are on leads no place good. You need to see that the path of porn leads only to more isolation, guilt, alienation, and pain. Whether single or married, such a reset to normal is the only thing that can ever equip you to become a pure, loving, attentive, sacrificial husband. But you already know you need to change. Few Christian men indulge in porn without realizing they need to quit. Every Christian guy who looks at porn wants to stop, but many of us want to stop just a little bit less than we want to keep going. The problem isn't knowledge-it's desire and ability. So sin prevails. Here's a promise. You'll never stop until you begin to see the monstrous nature of the sin you're committing. You'll never stop until the sin is more horrifying to you than the commission of the sin is enjoyable. You'll need to hate that sin before you can find freedom from it. That means you need more grace. You need to cry out to be changed and to see the monstrous nature of this sin. And then you need to behave in faith that God will meet you with grace as you act to cut off the porn and begin the reset. -Tim Challies

Purity is Possible - Helen Thorne 2014-10-02

Explores how through Jesus, women can be free from the trap of sexual fantasy and guilt. One in five Christian women use pornography. One in three visitors to a porn site is a woman. Many, many more women read explicit books like Fifty Shades of Grey. Even more than that write their own pornography-not on paper for publication, but in their heads for their own use. Helen Thorne knows all this because she's done it. But no one talks about it. Our churches are silent on it. There are very few books about it. It is the unspoken struggle of thousands of Christian women-perhaps you, and probably someone you know. But no more. In this refreshingly honest, resolutely hope-filled and gospel-soaked book, Helen speaks the unspoken. In doing so, she shows how purity is better and more satisfying than fantasy-and that, whoever you are and whatever your struggles, purity is possible.

Sexual Sanity for Men - David White 2012-10-31

Written for Christian men struggling with any form of sexual brokenness, this resource helps men understand that sexual sin starts in their minds and hearts and shows them how knowing Christ breaks their chains, builds spiritual brotherhood, and helps them take practical steps to re-create their minds in a God-focused direction. The ...

Finally Free - Heath Lambert 2013-08-06

Eight gospel-centered strategies for overcoming the lure of pornography and finally breaking free. This book is not about pornography. You won't find graphic depictions about the porn industry, the catastrophic effects it has on individuals and relationships, or how to think differently about porn. If you're reading this book, you probably have some understanding of those things already—the last thing you need is to be subjected to that kind of detail...again. Finally Free is about hope. It's about discovering the freeing power available to those who trust in Jesus Christ, who can, will, and does set people free from the power of pornography. Dr. Heath Lambert, a leader in the biblical counseling movement, has organized this book around eight clear and practical tactics you can wield to make it easier to flee lust and temptation and shelter in the protection of God's grace. Each chapter: Clearly demonstrates how the gospel applies to the fight against sexual temptation. Lays out relevant methods for leaning on Christ's strength—both in advance of and in moments of temptation. Explains how Jesus can move readers from a life of struggle to a life of purity. If you've struggled personally against the powerful draw of pornography, or if you've ever tried to help someone fighting this battle, you know how hard it is to break its bonds. But there is good

news: no matter how intense or long-standing the struggle, Jesus Christ has the power to free people from the enslaving power of pornography. The Gospel has a power that works practically in the lives of those who seek to imitate Christ—and you can learn how to live into that power.

When Your Husband Is Addicted to Pornography - Vicki Tiede 2012-10-01

In this helpful guide by Vicki Tiede, women are gently reminded to turn toward God and away from despair. When Your Husband Is Addicted to Pornography addresses the struggles women experience when they are shattered, betrayed, and alone. Writing from personal experience, Vicki Tiede offers daily readings and questions on six important topics: hope, surrender, trust, identity, brokenness, and forgiveness. She helps readers grow in healing and hope in the midst of marriage trials. By describing one of the "hidden sins" in our churches and culture that destroys marriages, the author offers biblical advice on a workable plan of action. She shares the stories of twenty-five women who have known this deep anguish, and she helps bridge the gap in the healing journey so many other materials leave out. She comforts readers and refreshingly points hurt women toward the one who calms the raging seas. Allowing God to meet your greatest needs is a long and learned process, but he promises to help you every step of the way. Questions and daily readings are suitable for both individuals and small groups.

Living Beyond "What If?" - Shirley Davis 2021-08-10

Free yourself from self-limiting beliefs and fears that keep you stuck. This book lays out a blueprint for how to take control of your life and begin living your dreams. We all dream. We all imagine. And we all want to live our best life. But why is it that 90 percent of people admit that if they got to live their life over, they would live it differently? What keeps us comfortable with the status quo and unable to get beyond "What if"? In part 1 of this book, Dr. Shirley Davis addresses these and other questions by guiding the reader through a personal journey of self-discovery, a search for significance, and an examination of the self-imposed limitations that can hijack our purpose, power, and possibilities. In part 2, she details the readers' journeys toward realizing their dreams by reimagining their lives, identifying their "why," and developing a life plan to stay focused and accountable. She describes the right questions to ask, the right mindset to adopt, and the right relationships to build that will enable everyone to live the life he or she has always imagined. Dr. Davis reveals the necessary steps for releasing the limits we place on ourselves as a result of life's tests, wrong thinking, and bad decisions. She helps readers overcome paralyzing fears that keep dreams on pause and inspires the confidence to jump first and grow wings on the way down.

Men of Courage - Larry Crabb 2013-05-07

Men today have locked horns with their toughest issue: reclaiming the full potential of manhood. Bestselling author Dr. Larry Crabb asks, What gives manhood definition and meaning? In this updated and expanded edition of *The Silence of Adam*, Crabb and his colleagues, biblical scholar Don Hudson and counselor Al Andrews, offer a fresh look at how God designed men. The book deals thoughtfully and honestly with men's ongoing struggles and exposes the difficulties they have in relationships. It presents the rich calling men have to reveal God in ways uniquely masculine. And it summons them beyond their paralyzing fear of failure to bold risk-taking, courageous action, deep spirituality, and full-hearted living. This new edition includes: Epilogue from Dr. Larry Crabb Study Guide (Individual or Group Format Use)

Resurrecting Sex - David Schnarch 2010-09-21

In this remarkable book, Dr. David Schnarch, world-renowned sex and marital therapist and author of *Passionate Marriage*, offers a groundbreaking approach to resolving sexual difficulties and the relationship problems they cause. By showing couples how they can turn their worst sex and relationship disasters into personal growth and spiritual connection, Dr. Schnarch offers couples the best sex of their lives. In addition to taking an unflinchingly honest, realistic, and erotic approach to sex, Dr. Schnarch reveals the complicated emotional interactions hidden within couples' most private moments. *Resurrecting Sex* speaks of compassion, partnership, generosity, and integrity in adult sexual relationships, offering hope to millions of people who are struggling with sexual difficulties. Uplifting, provocative, and heartfelt, the book is organized into four sections: A crash course in sex Explanation of how sexual relationships really work Medical options and bionic solutions Vignettes of couples changing their sexual relationships *Resurrecting Sex* addresses all major sexual issues, including male erection problems such as rapid orgasm and delayed orgasm; women's problems with arousal and lubrication, difficulty reaching orgasm, and low desire; full

coverage of Viagra (for both men and women); and other sex-enhancing drugs and medical options. Rather than dwelling on sexual techniques, this sympathetic book shows how to cure the rejection, hostility, and emotional alienation that often accompany sexual problems. Its unique method helps couples develop the love, affection, and commitment that prevent divorce and strengthen families.

Sexual Detox - Tim Challies 2010-01-12

It isn't easy being a guy today. Maybe it never has been easy, but today the challenges to guys who want to be holy, who want to honor God with their minds and bodies, seem tougher than ever. You live at a time and in a culture that seems given over to sex. It is all around you and you can hardly avoid its lure. Everywhere you go today you are faced with temptations and, if you are like most young men, have begun to give in to them. Perhaps you have only just begun looking at pornography or perhaps you've been doing so for many years. Perhaps you are struggling with masturbation, not really wanting to indulge yourself but finding that it's a whole lot tougher to quit than you would have thought. Perhaps you are finding that, more than ever, sex is filling your mind and impacting your heart. This booklet is intended specifically for young men—those who are not yet married but who hope to be married in the future. Maybe you are still single or maybe you have found the woman of your dreams and are close to settling down and building a life with her. Maybe she still seems a long way off. No matter your situation, I want to use this short guide to help you discover God's plan for sex and sexuality. I want to help you track down the lies you have believed about sex and I

want to help you replace them with truth that comes straight from God, the one who created sex for us.

Pure Eyes () - Craig Gross 2010-09-01

When it comes to sex and sexuality, men often find themselves in a losing battle against temptation. Whether it's overt pornography or simply oversexualized images of women, media can be a man's worst enemy. In this straightforward book, Craig Gross and Steven Luff help men understand and embrace the true purpose and role of sex in their lives. Whether single or married, all men must cope with sexual temptation—sometimes on a daily basis. This honest treatment of an uncomfortable issue will free men to experience forgiveness and renewal.

Undefined - Harry Schaumburg 2009-09-01

Amid the chaos of cybersex, impersonal sex, adultery, homosexuality, and sexual dissatisfaction in marriage, *Undefined* calls readers toward a new kind of spiritual and sexual revolution. Sexual impurity creates a vicious circle, one that springs from misconceptions about Christ and further taints our understanding of Him. Yet another circle is available to men and women trapped in sexual sin, a circle of sexual redemption. When practiced as God intends, spirituality and sexuality both draw us closer to Christ. Spiritual maturity and sexual maturity go hand-in-hand, and together they hold out the promise of redemption and restoration needed by everyone who has been damaged by sexual sin. There is hope. Real change is possible; true intimacy is available. To the person who has failed time and time again sexually, God's message is simple: You, too, can be undefined.

Sexual Detox A Guide For Guys Who Are Sick Of Porn:

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