

NOW WHEN I SHAKE THE RABBI'S HAND, I NO LONGER THINK, "IF HE ONLY KNEW" ...

Tools for breaking free of internet addiction:

- ★ Anonymous and free network of support.
- ★ Recovery programs for all levels of struggle/addiction.
- ★ Websites, forums, handbooks, 12-step phone conferences and live groups, daily chizuk e-mails, support hotline, therapists.
- ★ Resources for spouses of addicts.
- ★ Prevention and filter services.



"Guard Your Eyes is the *only* weapon we have."

- Rav Aharon Feldman & Rabbi Dr. Abraham J. Twerski

www.GuardYourEyes.org

E-Mail: help@guardyoureyes.org Hotline: (646) 600-8100

All services are provided free of charge. Thousands helped.