

The second to best POSSIBLE resource after GYE

Posted by dmmlosa - 21 Dec 2012 23:26

Hello Everyone,

This is my first time on this website and I am so happy to see that there is such a great resource for our community. I thought I was alone in trying to break free, but its great that theres this great community to continue in my journey to.... break free.

The resource I was using before was the following website:

yourbrainonporn.com/

This website is AMAZING. The information on it really poses an eye opening effects of unopposed internet use on the brain. It explains why it is so difficult to break free bc of the effects on the brain. They have a six part youtube series that really shocked me when I learned about it. If any of you haven't taken a look at the website, it is 100% worth delving into. It has helped me stay clean for the last 5 weeks.

Kol Tuv

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