

Allen Carr's Easy Way To Stop PMO  
Posted by thegrave - 09 Mar 2025 19:18

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Allen Carr is an American author who helped over 50 million people quit various addictions most notably smoking.

Recently I read a slightly modified version on P although it was not written by him it was and still is profoundly helpful.

you can find his book on amazon It's not very expensive and with some creativity i think you can see how it helps PMO not just smoking.

here's an example of what I mean:

"The whole business of ~~smoking~~ (porn) is like forcing yourself to wear tight shoes just to get the pleasure of taking them off."- Allen Carr

if you don't want to buy it or if you want the version that helped me tremendously you can reach out: [thegravegye@gmail.com](mailto:thegravegye@gmail.com)

may we all break free, Hatzlacha.

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Re: Allen Carr's Easy Way To Stop PMO  
Posted by chosemyschem - 10 Mar 2025 00:26

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Easy peasy book. Link is in my signature. An interesting read, though it seems like it doesn't work for most folks.

I think the "find the fox" technique in F2F is a variant of the "addictive voice recognition" technique which is a repackaging of the easy peasy method.

Hatzlacha

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