

Mindshift - The easy peasy method

Posted by yosefms - 26 Mar 2025 23:32

Hi Everyone,

First a bit about me for those of you who don't know my story. Like many other people here, I'm happily married, have good kids bh, and love learning, davening doing chessed, being a geshmake yid!

But I also had a double life, I struggled with P&M for about 27 years. However, it didn't stop there, after succos this year I started messing about with webcams and ended up acting out in person with a zoine. This was the lowest moment of my life and filled with shame and contempt for myself. I made my first post on GYE. It was raw and emotional, I was in a dangerous mental state and realizing the danger of this new GYE member's post the Great Eerie reached out to me, we spoke and I felt relieved to be able to talk openly and anonymously about my struggles.

I improved the filters on my home computer which were easy to bypass and spoke to Eerie and a few other guys pretty often, my confidence grew and I was hopeful that I had finally mastered the art of self control. But after 60 days or so, life got in the way, the pangs came back and in the end I fell, I was embarrassed but most of all I couldn't work out what to do next. I know one thing, there has to be a solution to get rid of this stupid taava, just what is it? There's something I am just missing, what do I try next, what actually works? I had followed all the guidance but still fell.

But then in a "chance exchange" my buddy IWANTLIFE sent me a link to a book called the easypeasy method to quitting porn. I read it and as soon as I finished reading it, I knew, that's it, for me this was the solution, I just absolutely knew. The book is extremely powerful, it uses subtle but deep psychological techniques to rewire your brain as you read it and by the end you have no idea why you were ever addicted to looking at porn in the first place!

The book needed some editing to be more palatable with our yiddishe neshomos, so I approached the big guys at the top of GYE. They agreed with me that this is an extremely powerful tool, together we spent weeks editing it and now it's ready for you my dear reader to enjoy and become free just like I did as well as many others. I've copied the link below which is now in the GYE e book resources. But as a final word I would also say that it's equally important to reach out to the many mentors here on GYE. They are all amazing people who give their time and love for each person.

guardyoureyes.com/ebooks/item/mindshift

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Re: Mindshift - The easy peasy method
Posted by iwantlife - 27 Mar 2025 00:19

[yosefms wrote on 26 Mar 2025 23:32:](#)

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Seriously though, this book doesn't get enough airtime methinks; Reb Yosefms & Co. have done us a tremendous ????, it's now a **must read**. It helps clarify in a very down-to-earth way, just how easy it is to quit porn, and in doing so helps rearrange and reset your brain's approach to its 'temptations'. It truly puts porn in its place, and has given many hope. It's not long, you can read it in one evening, and it's really quite potent. Like was mentioned above, it's not a replacement for great mentors and friends, but it's a powerful way to set the stage for a true turnaround.

P.S. Shoutout to ?? ?????? ????? for encouraging me to read it in the first place, you have a tremendous ?????, and ????????? ????? ?? ??? ?????!

With hope and love,

iwantlife

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Re: Mindshift - The easy peasy method
Posted by chosemyshem - 27 Mar 2025 15:58

Love this!

What I love is someone finding a tool that works and caring enough to put in time and energy to

make it properly accessible for everyone. I love the attitude of caring and support. The sinking in hours of effort to share something that you find powerful. I think that exemplifies the chavershaft of GYE and is a beautiful thing.

KOTAT!

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Re: Mindshift - The easy peasy method
Posted by captain - 28 Mar 2025 12:56

[chosemyschem wrote on 27 Mar 2025 15:58:](#)

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Warning: Spoiler!

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KOTAT!

Would you be willing to change the link in your signature from the old version to this one? It would probably be beneficial to some.

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Re: Mindshift - The easy peasy method
Posted by captain - 28 Mar 2025 13:01

Regarding the Easy Peasy method altogether: If I remember, a couple of years back, one of the GYE brass brought some numbers about this method. Apparently it works for some other addictions somewhere around 20-30% of the time (it's been a while, so I might not be remembering accurately, and I look forward to corrections). I think that that's enough to warrant a shot, to read a book that's not too long and have such odds of breaking free just from that. It really might work, and if it doesn't, it was not too much of an investment. (In general, a lot of solutions are far from foolproof, but that doesn't mean they have no value, and usually each person has to try things until he finds something that works for him.) I think way back when, some people got upset from one person who presented this book as a solution that works for everyone. But without that, I think there's a lot of toeles that could come from having this book, and those who need should think about that maybe it might be worth reading it.

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