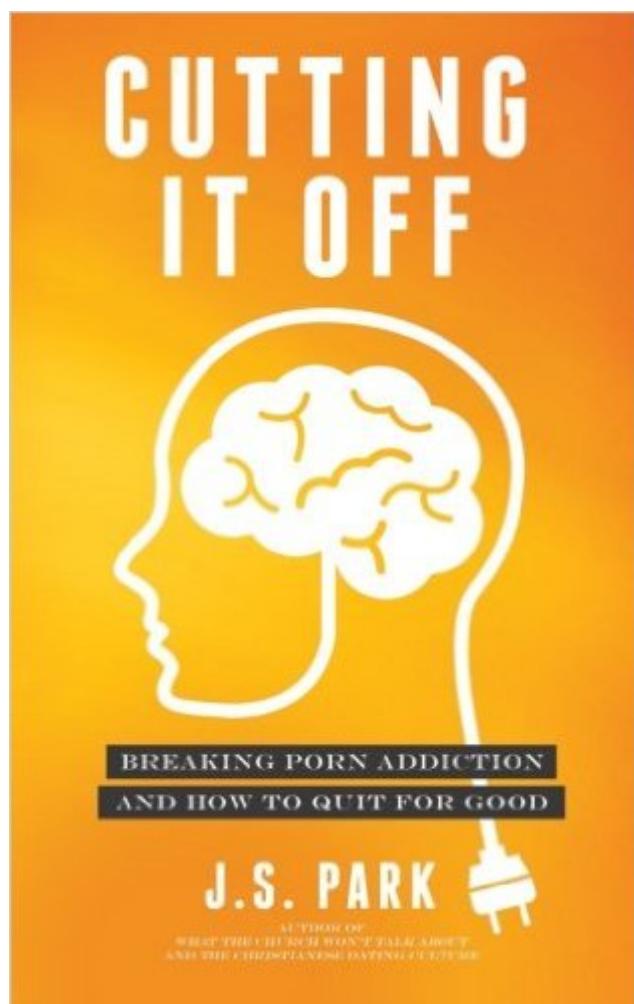


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# Cutting It Off: Breaking Porn Addiction And How To Quit For Good



## **Synopsis**

Porn addiction is real and it nearly ruined my life. I was a porn addict for fifteen years, and I've now been sober for over three. I want to offer you recovery, not just for weeks at a time, but quitting for good. I'm sure you're tired of the bleary-eyed mornings and constant loop of objectification in your head. The guilt, anxiety, and hypocrisy. The uncomfortable ickiness of dealing with family the next day. The lies, the hiding. You've tried other methods and it fails every time; you've gone back to the familiar buffet of images. The white-knuckle self-shaming isn't working. If you've given up on giving, here are specific steps to quit porn. This is written for you or your friend who's in recovery. This is for both men and women. This is for both church people and for those who don't care about faith. As a pastor, this is also my journey as a Christian who quit the hypocrisy. But regardless of religion, age, or gender, this is how you can permanently quit porn, and more importantly, find the life you've always been missing towards bigger, greater, and better. This is how you cut it off.

## **Book Information**

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## **Customer Reviews**

This must be Joon's best work to date. It's also timely. Pornography has to be the number one destroyer of people in society and the church. This isn't hyperbole. I personally have seen it destroy careers and marriages. I have felt its effects in my own life. Like the tentacles of the jellyfish in Finding Nemo the deadliness of porn isn't seen or felt until you're swimming in the middle of it. The pain that it causes at that point becomes secondary to finding your next fix. Don't for a minute believe that it's only a guy thing. More women are visiting these sites and succumbing to its poison

every day. What once was seen as the domain of men is now forcing its way into all of society. I won't give you a spoiler by telling you why you should leave this stuff alone. Joon details that quite well in this book. Suffice it say that porn & you are nowhere near innocent in its effects on women. The most insidious effect that it has is in expectations. There is a movement today away from Photoshopped images of models. People are now wanting to see the real you. Reality is the furthest thing from your mind when you look at porn. It's designed that way. You have no idea what that unrealistic standard is doing to you and your relationships. I'm not only referring about your relationship with your spouse or significant other. ALL of your relationships. In his usual way Joon opens up his own life for the benefit of his readers. You likely will not find anyone more open. I doubt seriously you'll find anyone in church more open. You absolutely won't find anyone in ministry more open. Read it. Read it for yourself. Read it to others. Read it as a group and talk about it. Pass it on. This can only help you when you are ready for it. I pray that you are ready.

Its simplicity is what makes this book truly profound. It tackles the issue head on with out the sugar-coated euphemisms. I believe this book is a necessity to our porn-saturated culture's society today.

In this day and age of an over sexualized world, J.S. Park brings to light a new hope and redemption from all that. He is patient, loving, and kind, with each word. He lets you know that you are not alone in the addiction so many of us face, but he also tells us that we don't have to stay in that spot. This book is a must for anyone, period. It's not just for those who struggle, but it's for everyone. We need to know these things, we need to be able to handle them and there is just no excuse for it. I believe every church in America needs to discuss the problem of porn, and this book is a great gateway into that discussion. I hope you read it, give it to a friend, and just continue to do so.

I loved how relatable it sounded and how non-offensive it came off. This is a very fragile subject and Pastor Joon executed the idea so smoothly. It isn't easy to put yourself into the world and admitting an addiction and he made it look like a walk in the park (obviously it wasn't). I respect everything he has to say and how well-written and precisely thought out everything of his I read so far is.

Really great book. The author gives fresh perspective on what it means to be an addict and how to achieve freedom. His writing style is engaging and unique. With the increasing number of people,

religious and non, that are rebelling against porn usage and the industry, the author gives real evidence to shed some light on how porn affects real people every day. Even if you're not religious, don't let the fact that the author is a Christian keep you from checking it out.

I have grown leaps and bounds in my fight against lust addiction since reading "Cutting it off". It was definitely an answered prayer. I have been reading it over and over to make sure I am getting a deep revelation of what he taught in his book. It is different from the other books on overcoming porn because of its focus on becoming serious and its ideas on the great joy sexual lust is robbing us of. A life spent with God offers so much more than porn and etc. I am now more in tuned with what I was built by God to do and am looking forward to the future. Thanks Pastor J.S. Park for letting God use you and being transparent in this great book!! Blessings!

This has been a great tool in deciding that I'm ready to retake my life. Oh what a journey! A very real and straightforward account from one recovered porn addict to another. This is a great start to reclaiming your intimate life in a healthy way, after having been sucked into the deep dark hole that is porn addiction for almost a decade (basically my whole conscious self) you realize how much it affects your ability to experience intimacy with another in a functional way. Cheers, it's not a glamorous journey. But it's necessary to truly find oneself. I'm nowhere near the end. Thank you!

I loved his approach and balance of the effort and grace needed to overcome this stronghold in an increasing number of both men and wisdom. Although a lot was covered there was not a lot of detail and still much more would needs to be covered in my opinion, but it's a great start. I highly recommend this book for all who struggle with this sin in their lives.

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