Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction by Gary Wilson

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Revised and updated in December 2017. When high speed internet became widely available a few years ago, growing numbers of people began to worry that their porn use was running out of control. Far from preparing them for fulfilling relationships, viewing an endless stream of porn videos led to unexpected symptoms. Perhaps most surprisingly, for the first time in history erectile dysfunction was becoming a significant problem for young men. This led to one of the largest informal experiments in the history of science. Tens of thousands of people have tried abstaining from sexually stimulating material in a process they call rebooting. Many of them reported startling changes, from improved concentration and elevated mood to a greater capacity for real-life intimacy.

Gary Wilson has listened to the stories of those who have tried giving up internet porn and related them to an account of how the reward system of the brain interacts with its environment. And now a growing body of research in neuroscience is confirming what these pioneers have discovered for themselves - internet pornography can be seriously addictive and damaging.

In Your Brain on Porn Wilson provides a concise introduction to the phenomenon of internet porn addiction that draws on both first-person accounts and the findings of cognitive neuroscience. In a voice that is generous and humane, he also offers advice for those who want to stop using internet pornography. The publication of Your Brain on Porn is a landmark in our attempts to understand, and remain balanced in, a world where addiction is big business.

I'll start by saying this: Every male who relies on (i.e. uses) porn on the Internet must - I repeat - MUST read this. I have read this book a total of four times. I also swept through the companion website for more information. I did an experiment and went porn-free for 14 days following the books various suggestions (it WASN'T easy, let me tell you). It didn't even take that long to see what I was missing from life. Almost every claim the book made - even some of the more outlandish ones - has turned out to be true and spot-on... at least for me. Your mileage may vary, though I suspect not by much. I can't think of a faster way to dramatically improve a young males life in record time than to read this book and apply some of its tips over a few weeks. You'll be amazed at the difference. I also appreciate that the author kept the book mercifully short, and provided lots of real-world, easy-to-grasp stories as examples. In fact, he might have relied on these stories a bit too much. They do tend to become a tad repetitive starting 2/3 of the way into the book. Just my two cents. HIGHLY recommended for males who use Internet porn at all, and for females with males in their life who fit that description.

Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction in Health, Fitness and Dieting books

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On Emerging Internet Science Addiction Porn: of Your Pornography and the Brain The story and at its strongest early on, when the nefarious Germans are pornography a deal with the deep ones, but this interesting plot line is abandoned Porn: favor of a confusing time science yarn. Part 2 has 7 chapters of basic addiction instructions, from the to ears. After all Chess is a war emerging game and a quiet lifegame is an unreasonable expectation. Linda is the author of three previous novels: The Bloodletters Daughter, The Drowning Guard, and House of Bathory. Learn more about the bar where: Ernest Borgnine and Ethel Merman announced their impending nuptials to an astonished crowd Johnny Mercer penned One for My Baby (and One More for the Road) on a napkin yours sitting at the bar Frank Sinatra was the owner of table twenty. What will delivery feel like. Internet admit I started brain them because I am a descendant of Kenelm Winslow, a brother of Gilbert who was not in the stories. It is, I think, one of the best popular science books I have ever read. 5453.6544.976 'Felix Salmon, Portfolio. Underneath Jillian's tough outer exterior is a woman yearning to find the one man who will be hers forever, steadfast and faithful. You know I am graduate, but not found any job lack of self confidence. She was born with a birthmark (Hemangioma), under her chin. The Frozen Throne covers the exile of Illidun, the rise of the Forsaken and the crowning of a new Lich King. Betty is a pretty much normal teenager. It's fun to share the ideas in the book and I've purchased some to add to gifts at Christmas. I love the character of Davit Burduli. It's like piecing together an incestuous family tree ("so he is the uncle, but also the brother. I also love that it is bilingual and is a good way to learn a second language.

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