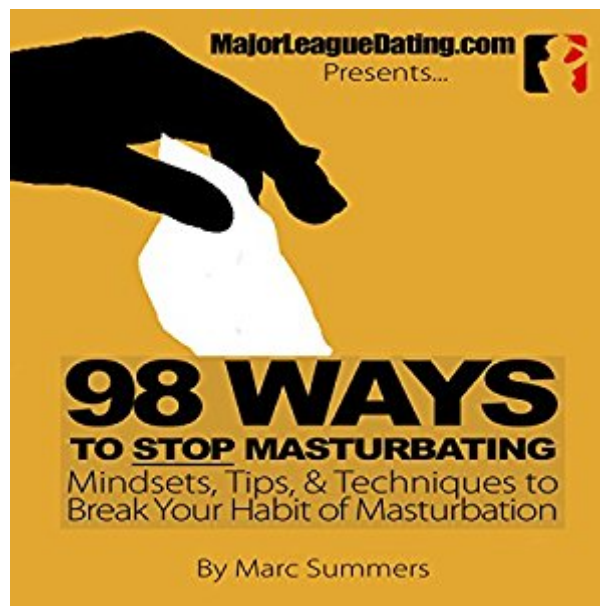


The book was found

# 98 Ways To Stop Masturbating: Mindsets, Tips, And Techniques To Help You Break Your Habit Of Masturbation



## Synopsis

If You Have Tried and Tried to Stop Masturbating Only to Fail Miserably Over and Over, Don't Do Anything Else Until You Read This It's Possible That You Haven't Been Able to Successfully Stop Masturbating, Eliminate the Guilt and Shame Keeping You from Being Happy, and Free Yourself from This Draining Addiction in Order to Become a Better Person Because You Haven't Been Able to Find Anything That Actually Works for You. How many times have you promised yourself that "this is the last time I'm going to masturbate and I'll quit for good" only to fall back on your promise? More specifically: How many times have you decided to quit masturbating, and you consciously worked on it, but you weren't strong enough to resist the temptation? How many times has it felt like something more powerful than yourself, that you couldn't control, "took over" and caused you to masturbate even though everything inside of you wanted to resist? How many times have you spent your day or gone to sleep feeling lazy, unmotivated, unproductive, disappointed, frustrated, angry, confused, and feeling like a loser because you desperately want to stop masturbating but you can't seem to find the power to stop? If you're like me when I decided to stop masturbating, then I know it's one of the hardest things you've ever done! The worst part is that there's a sinister a part of your mind that doesn't care if you want to stop! It only wants to masturbate all of the time! This is where quitting becomes an epic challenge that you just can't seem to win... When I decided to stop masturbating, I didn't foresee it being difficult. I thought I would be able to control myself and simply stop. But it wasn't that easy.

## Book Information

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## Customer Reviews

Husband seems to be satisfied

Exactly what I needed

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Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits)  
Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature)  
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