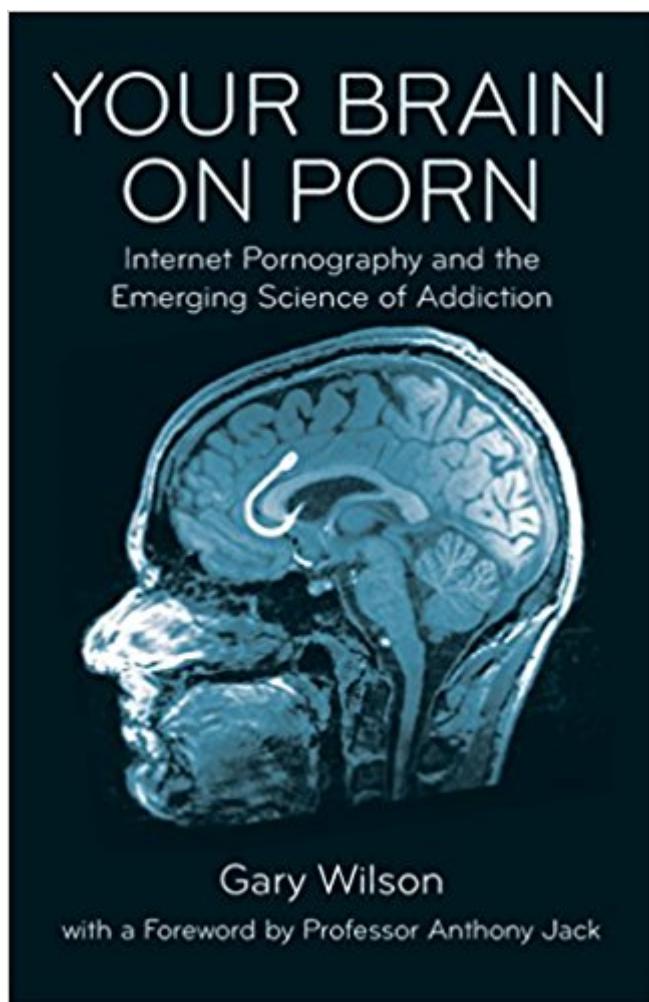


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# Your Brain On Porn: Internet Pornography And The Emerging Science Of Addiction



## Synopsis

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.

## Book Information

Paperback: 200 pages

Publisher: Commonwealth Publishing (February 12, 2015)

Language: English

ISBN-10: 099316160X

ISBN-13: 978-0993161605

Product Dimensions: 5.1 x 0.4 x 7.8 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 141 customer reviews

Best Sellers Rank: #50,025 in Books (See Top 100 in Books) #3 in Books > Politics & Social Sciences > Social Sciences > Pornography #16 in Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #5021 in Books > Self-Help

## Customer Reviews

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 book's 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 male's 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.

Good book, quick read. This book was for a reading assignment in my Human Sexuality class as part of a book review. Plenty of testimonials and references to current and previous data.

Gary has been instrumental in my understanding of what porn is doing to both old and young men and women in today's world. This book shows quite convincingly how porn use contributes or causes erectile dysfunction in men, and sexual problems in women. Chapter 1 is very important reading. It provides the foundation and proof of this problem. Although the problem is widely perceived by men who are suffering from it, it has gotten almost no recognition in the world of clinicians, researchers and therapists. That should change with this landmark book. Chapter 2 shows the mechanism for porn problems in the brain. Gary's contributions include putting the pieces together that are out there, in a convincing and compelling explanation on how hormones, the brain's reward circuitry and the porn all work together to pull a man into erectile dysfunction just as today's sugary junk foods pull men and women into obesity. Chapter 3 shows the solution. Gary runs a pioneering website dedicated to helping men who suffer porn problems and so this chapter is not academic but based upon thousands of men who have been getting help on line. The book's major advantages are that it has solid proof behind it. And today's scientific and therapeutic community need that proof. The world is overly saturated in sexual triggers that cause constant sexual stimulation to become the norm. This is the desensitization that has been so harmful not just to men, but to women as well. And now finally it's clearly explained. This isn't a moral or ethical issue. It's a scientific one. But for men suffering erectile dysfunction, it's a huge part of their life. And it is hurting not just them but their spouses and girlfriends, and affecting relationships and the

perceptions between the man and woman in the relationship. How harmful is it? Terribly harmful, probably one of the most significant problems we have today. Thank you Gary for clearly laying out in a scholarly yet accessible book the facts about porn, porn addiction, and erectile dysfunction.

It is so important to read this book if you think you are visual, or even believe you might have an including to some kind of addiction or vice. Or if you know someone like this. If you have heavy texters in your family, if you have avid exerciser, anything that is too much and keeps you from interesting things you loved. MOSTLY, the brain on pornography, the addiction is overlooked and is not heard of since it is categorized and judged so quickly, no-one will fess up or look for help. Read it, you can understand so much and how amazing the BRAIN is, and share it.

This book is an eye opener. Seriously. Although I wouldn't say any book should be "mandated" reading, I strongly encourage guys (and maybe some gals) to read this book. It's fairly short, straight forward, and free of religious preachy-ness. I really want to emphasize that - it is not pushing a religious point of view. It's "Your Brain on Porn", not "Your Soul/Spiritual State/Karma/Whatever on Porn". It's a more science-based approach to the subject, and it uses a lot of anecdotal examples to illustrate the effect that porn can have in a person's life. This subject overall is fairly cutting-edge - studies are quite recent and there are still many to do. So, the material could need to be updated in the upcoming years down the road, but it's a pretty important subject that is not being talked about enough.

This book is amazing. It will help you understand Your addiction and how your brain function around porn. If you have porn problem you won't regret buying this book. What i really liked about it is the quotes of people just like me !!! I mean the author quoted real addicts and that made me feel that I'm not alone :)

i feel this book should be read by anyone who feels maybe porn is causing him problems. definitely gave me an interesting perspective

This book is a must read for guys of all ages who think porn is good for the mind and body. I will let the book speak for itself and will let you decide your own journey but I recommend the first step is giving this a read.

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