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# Lust Free In 31 Days: Christian Men Overcoming Lust, Porn, Sex Addiction And Masturbation



## Synopsis

Christian men, learn how to overcome lust, porn, sex addiction, and masturbation in 31 days. Get this audiobook now about Christian men's issues; you'll be glad you did. This is a 31-day plan to help Christian men overcome and break free from issues of lust, porn, sex addiction, and masturbation.

## Book Information

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## Customer Reviews

I've struggled with sexual addictions most of my Christian life. Before becoming a Christian though, my daily routine consisted of a lot of lust of the eyes and heart. I actually would spend most of my day gazing at women every chance I'd get, at work, on TV and in magazines. Since becoming a Christian I've overcome an huge addiction to porn, but I still need to overcome the lustful traps I get sucked into sometimes. Sure, I don't spend hours and hours looking at magazines or watching dirty videos anymore, but I do have a battle going on in my mind on a daily basis to look at women lustfully. I really am thankful to the author for the tips he has shared in this book which have helped him overcome sexual battles he is faced with on a daily basis, as all of us Christian men are faced with them. I have already begun to use some of the ideas in this book to my success in overcoming my problem with lust. I think that the main thing I've drawn from this book so far is the importance of staying connected to God on a daily basis. The author talks a lot about not giving up and always seeking the Lord's help in times of struggle and temptation. This book is filled with excellent scriptures, sound advice and good techniques for winning the battle that Christian men face. I believe it's a must read for every Christian man, young or old.

The author offered practical help in a straightforward, succinct manner. This is a subject we men choose to avoid but need to face head on because it is real and difficult to deal with on a daily basis. I highly recommend this book because Christo honesty presents his own feelings and experiences openly which helps other men to deal with these challenges in a victorious way. Bless him for his frankness and willingness to help lead other Christian men to become accountable and useable servants of God! Without hesitation, I give this book five stars.

Lust is an ongoing problem I've had for many years. I am glad I got this book. I've added several new weapons to help me in the battle against sexual sins. I am hopeful that I'll be able to be more obedient in this area of my life after using these ideas. I do know that I will use this book as a reference when I find that I am losing the battle. There's no doubt, I definitely do feel more equipped to overcome my sexual struggles after reading this book.

I am attending a Christian college. My assignment has been to research the struggles that men face in their Christian walk and offer suggestions on how a Christian man can overcome the lusts of the flesh. I found this book to be biblical and very helpful in understanding how to battle lust, masturbation and porn addictions through staying closely connected to God and other Christian men. This is an excellent book with many helpful suggestion for overcoming sex addictions.

I found the ideas in this book to be very helpful in overcoming my struggles with porn on the Internet. One of the things that helped me forgive myself for my sexual sins was realizing that Christian men everywhere are having lustful things shoved in their faces. It takes a lot of self-discipline and help from God for Christian men to stay pure these days. I definitely found the suggestions in this book to be greatly helpful to me in my personal struggles with lust, porn and masturbation. If you want to be free in your sexual struggles, this book presents ideas that will help you be stronger in resisting temptation.

The discovery of Porn came about a year ago as our 18 years of marriage almost came to an end. This book is backed by scripture but has been the best yet in helping us understand account accountability and how to over power the enemy. Short, sweet and to the point. Great read and a huge blessing. To the author. ...Thank you!

The tips in this book are excellent. Some of the ideas the author gives for overcoming internet porn addictions, lust and masturbation, I've heard of before and others I haven't. What I loved about this book is that it is very straight forward in offering easy to understand ways to not lose the battle we Christian men are faced with everyday. I'm glad I found this book. There are things that I'm already using in my everyday walk to stay purer before God.

I've know so many men who struggle with lust and porn addictions. This book offers really good tips on how men can have more self control through adhering to Godly principles. Every Christian man could benefit from reading this book.

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