

The EasyPeasy Way to Stop PMO

Version Pre-release - Latest at pmohackbook.org

This is a revised edition of the PMO Hackbook, which adapts Allen Carr's "The Easyway to Stop Smoking" for porn addiction. I am not the original author of either of these books, I am the Hackauthor².

The original book is hosted on Google Sites and is an excellent resource for quitting pornography, helping myself and many others. However, this revised version holds a number of benefits over the original.

- Open source and tracked in git, allowing the community to collaborate.
- Rewritten to be more concise and coherent while still retaining it's core messages.
- Many spelling and grammar errors have been removed.
- Written in LaTeX, allowing for elegant PDF rendering and easier updating.

The original book is a great resource, in fact, I loved it so much that I rewrote it! Links to the original book can be found on the website. Readers of both books will find many similarities and will notice that some of the personal anecdotes have been removed, (mostly) rewritten from a third person perspective and is gender neutral.

Why the hackbook? Because Allen Carr has long since passed and the institutions he formed don't list internet pornography as one of the addictions it provides treatment for. I don't gain monetarily or otherwise.

Hackbook - A book based and hacked from another book. The original author is fully credited.

Three voices will appear transparently within this book in order to provide you with a unique and compelling method to easily and painlessly quit.

- Hackauthor² - Myself and contributors on Gitlab.
- Hackauthor - The author of the original Google Sites Hackbook.
- Allen Carr - Author of "The Easy Way to Stop Smoking", which has sold more than 15 million copies worldwide!

Allen Carr's body of work deals with dispelling fear caused by misconceptions and confusion regarding biological processes and quitting. Therefore a majority of the book is spent logically de-constructing anxieties and phobias associated with quitting that generally lead to the downfall of many who attempt and fail. Carr's clinics have a success rate of over 95 percent with money-back guarantees. More importantly, they have allowed their patients to go on to live fulfilling lives, free of their addictions.

This book will enable you to:

- Identify what online porn, masturbation and the biological sex drive are and how they operate.
- See porn as an addictive substance and treat it as so.
- Dispel fantasies when having sex with a real person.
- Be able to masturbate without a real person or porn.

However, critical to your success using EASYPEASY requires that you:

DO NOT JUMP CHAPTERS

When opening a combination lock, the numbers need to be entered in the correct sequence, addiction is no different.

Overall, I wish you the best of luck, you won't need it.

- Hackauthor² and your future self.

Contents

Chapter 1

Preface

This hackbook will enable you to stop porn addiction immediately, painlessly and permanently without the need for willpower or any sense of deprivation or sacrifice. It will not place any judgement, embarrassment or pressure to undergo painful measures.

This goes against everything you've ever been told, but ask yourself if what you've been told has ever worked for you? If it had, you wouldn't be reading this hackbook.

The method described in this hackbook is:

- Instantaneous
- Equally as effective for the heavy user
- Causes no bad withdrawal pangs
- Needs no willpower
- Requires no shock treatment, aids or gimmicks
- Won't cause you to replace this addiction with other addictions, such as overeating, smoking or drinking.
- Permanent

If you're an addict to pornography and depend on it for masturbation or sex, all you need to do is read on. If you're a non-addict who has come here for a loved one, all you need to is to persuade them to read this book. If you cannot persuade them, read the book yourself, the last chapter contains information on how to get the message across and to prevent your children from starting. Don't be fooled by the fact that they don't have access to it now, all children do before they become hooked.

1.1 Warning

Perhaps you're apprehensive about reading this book. Perhaps, like many porn addicts the very thought of stopping fills you with panic and although you have every intention of stopping one day, that day isn't today.

If you're expecting this book to 'scare' you into quitting using the various health issues faced, such as porn induced erectile dysfunction, unreliable arousals, lack of interests in real partners, hypofrontality, loss of relationships and the blinding accusation that it is a filthy disgusting habit and that *you* are a stupid, spineless, weak-willed jellyfish, then I must disappoint you. Those tactics never helped me to quit and if there were going to help you, you would have already quit.

This method, referred to as EASYPEASY, doesn't work that way. Some of the things about to be said might be difficult to believe, but by the time you've finished this book you'll not only believe them, but wonder how you could have ever been brainwashed into believing otherwise.

There is a common misapprehension that we choose to watch porn. Porn addicts (yes, addicts) no more choose to watch porn than alcoholics choose to become alcoholics, or heroin addicts choose to become heroin addicts. It's true that we choose to boot up the laptop or smartphone, fire up the browser and visit

our favorite 'online harem'. I occasionally choose to attend the cinema, but I certainly didn't choose to spend my whole life in the cinema theatre. Originally, curiosity and human nature took me there, but I wouldn't have started if I had known it would addict me and cause the decline of my health, happiness and relationships. *If only I had heard about PIED on my first visit to that porn site!*

Take a moment to reflect, did you ever make the 'positive' decision that you must/need porn to masturbate? Or that you should/must/need porn-induced-fantasies to spice up sex with your partner? Or, that at certain times in your life, you couldn't enjoy a good nights sleep or perhaps even pass a night after a hard day at work without surfing for porn. Or that you couldn't concentrate or handle stress without using porn to masturbate at the end of the day. At what stage did you decide that you needed porn, that you needed to have it in your life permanently, feeling insecure, even panic-stricken without your 'online harem'.

Similarly to every other PMOer, you have been lured into the most sinister, yet subtle trap that man and nature have combined to devise. There's not a person that exists, whether they are a PMOer themselves or not, that likes the thought of their children using porn to cope and for pleasure. Therefore, all addicts wish they had never started, unsurprising really, nobody needs porn to enjoy life or cope with stress until after they get hooked.

Similarly, all PMOers wish to continue to PMO. After all, nobody forces us to launch incognito mode, whether we understand the reason or not. Fundamentally, it's the PMOers themselves that decide to knock on the doors of the online harems.

If there was a magic button that the PMOers could press, waking up the following morning as if they had never accessed their first tube site, the only addicts be tomorrow would be young people still experimenting.

The only thing that prevents us from quitting is **FEAR!** The main cause being the belief that we'll to survive an indeterminate period of misery, deprivation and unsatisfied craving in order to be free from porn. These spawn from learned and acquired irrational beliefs such as:

- Masturbation or sex leading to orgasm is the *only* and *most* important thing in life.
- Due to lack of rejection, porn is safer than real life sex.
- Porn is educative and useful.
- The idea of 'entitlement' to a superior sex experience.
- More is always better.

These irrational beliefs spawn irrational consequences when acted on, these include:

- Worshipping and obsessing when a perfect 10 is found.
- Perceiving yourself as a loser if you miss out on sex, as it is the 'most' important factor in human experience.
- Holding out for a perfect 10.
- Judgemental and critical of prospective men or women.
- The mind forcing the body to have sex even when it says 'no'.

It's the fear that a night all by yourself will be miserable, spent fighting uncontrollable impulses. Fear that the night before exams will be a night from hell without PMO. Fear that we'll never be able to concentrate, handle stress or be as confident without our little crutch and that our personality and character will change.

But most of all, the fear that 'once an addict, always an addict', spending the rest of our lives never completely free from the trap, at odd times craving the occasional porn induced orgasm. If, as I did, you have already tried all the conventional ways to quit and been through the misery and torture of the "willpower method", you will not only be affected by that fear, but convinced you can never quit.

If you are apprehensive, panic-stricken or feel that the time is not right for you to give up, let me assure you this caused by fear which rather than being relieved by porn, is created by it. You didn't decide to fall into the porn trap, but like all traps, it's designed to ensure that you remain trapped. Ask yourself, when

you viewed those first porn pictures and videos, did you decide to come back to view them as long as you live? So when will you quit? Tomorrow? Next year? Stop kidding yourself! The trap is designed to hold you for life, why else do you think all these other PMO addicts don't quit before it kills their lives?

As you soon will be reading, the feedback on the effectiveness of EASYPEASY has exceeded my wildest expectations. It has also revealed two aspects of the method that have caused me concern.

I have alluded to a magic button, EASYPEASY works just like that magic button. Let me make it quite clear, EASYPEASY isn't magic, but for me and others who have found it so easy and enjoyable to quit, it seems like magic!

Therefore, the warning is as follows:

This is a chicken and egg situation, every addict wants to quit and every addict can find it easy and enjoyable to quit. It is only **fear** that prevents users from attempting to quit. The single greatest gain to is to rid of that fear, but you won't be free from the fear until you complete the book. On the contrary, your fear might increase as you continue reading, which might prevent you from finishing it. Take this comment from one woman.

I've just finished reading EASYPEASY. I know that it's only been four days, but I feel so great, I know that I'll never need to PMO again. I first started to read your book five months ago, got half way through and panicked. I knew that if I went on reading I would have to stop. Wasn't I silly?

You didn't decide to fall into the trap, but be clear, you won't escape from it unless you make the positive decision to do so. You might already be straining at the leash to quit, or apprehensive about the very thought, please bear in mind: **YOU HAVE NOTHING TO LOSE!**

If at the end of the book you decide that you wish to continue to use porn for masturbation or sex, there's nothing to prevent you from doing so. You don't even have to cut down or stop using porn while you're reading the book, remember, this isn't a shock treatment. On the contrary, I have only good news for you. Can you imagine how Andy Dufresne felt when he finally escaped from Shawshank Prison? That's how I felt when I escaped from the porn trap, that's how the ex-users who have used EASYPEASY feel. By the end of the book, that's how you'll feel! Go for it!

Some terms before you begin:

PMO - Porn, masturbation and orgasm.

PMOer - Anyone who excessively and obsessively seeks to achieve orgasms relying exclusively on internet porn and masturbation.

Online harem - Websites hosting high speed internet porn.

Chapter 2

Introduction

This method will cure PMO addiction.

Perhaps you find it impossible to believe that any PMOer can find it easy and enjoyable to quit. If so, I beg you to continue reading, EASYPEASY has worked just as effectively for other PMOers as it has for me.

EASYPEASY is adapted from Allen Carr's smoking clinics, where if a smoker fails to quit, it's regarded as the clinic's failure to convince them. Similarly, when a PMOer fails in quitting, it's a mistake to regard it as their failure. Allen's clinics have a money back guarantee and their success rate is over ninety-five percent.

This book will dispel myths and brainwashing about internet porn, including:

- Users enjoy PMO
- Users choose to use PMO
- It takes willpower to quit
- The existence of a transitional stage of misery when quitting
- All porn is the same in its rate of addictiveness
- PMO relieves stress and boredom and aids concentration
- It is a habit
- Once an addict, always an addict
- Warning PMOers of the dangers will make them want to quit
- Substitutes, including softcore, homemade, solo porn and toys such as fleshlights and onaholes help PMOers regain their full unfading erections

This hackbook will give you the numbers to unlock the combination lock of PMO addiction, but it's crucial that you use the numbers in the correct order. Simply put, you must go with the flow, **not skipping chapters and jumping around the book**. In fact, there's no need to reduce your PMO consumption whilst reading.

Conventional ways of quitting advocate using willpower or substitution methods such as porn diets (PMOing once every X days) and cutting down consumption, which are ineffective as they don't actually remove the reasons for using porn. Ultimately, turning a substance into a 'forbidden fruit' isn't how you treat an addiction.

Many sites go into detail about effects on the brain, backed up by peer reviewed research about neurochemicals and neuroplasticity. While these sites are informative, many are aware of dangers of porn induced erectile dysfunction and porn's highly addictive nature, yet choose to do nothing. Young and old PMOers tend to avoid such material regardless, knowing that one look at a porn site won't kill them. With more adolescents becoming addicted than ever before, it is clear that something needs to change.

EASYPEASY isn't just another method, but the only sensible method to use! But it wouldn't be fair for you to believe me yet, save judgement until you finish the book.

But ultimately, the best indicator are the comments received from real PMOers.

"I didn't believe the claims you made and apologise for doubting you. It was just as easy and enjoyable as you said it would be. I've shared the link to your hackbook to some of my PMOer friends but I can't understand why they don't read it."

"I was forwarded the link to your hackbook eight months ago by an ex-PMOer friend, I've just gotten around to reading it. My only regret is that I wasted eight months."

Even the comparatively few failures typically say something along the lines of:

"I haven't succeeded yet, but your way is better than any I know."

All PMOers can find it easy to quit porn, including you! All you have to do is read the rest of the book with an open mind, the more you understand, the easier it will be. Even if you do not understand a word, provided you follow the instructions, you'll find it easy. Most importantly, you won't go through life moping for PMO or feeling deprived, by the end of book, the only mystery will be why you did it for so long.

With EASYPEASY, there are only two reasons for failure.

Failure to carry out instructions. Some will find it annoying that the book is so dogmatic about certain recommendations, for example, not to try cutting down or using substitutes. I don't deny there are many people who have succeeded in stopping using such ruses, but they have succeeded in spite of, not because of them. There are some people that can make love standing on a hammock, but it is not the easiest way. Every word in the book has a purpose, to make it easy to stop and thereby ensure success. The numbers for opening the trap's lock are in this book, but they need to be used in the right order, going from one chapter to the next, not skipping chapters.

Failure to understand. Don't take anything for granted, question not only what you're told but your own views and what society has told you about sex, internet porn and addiction. For example, for those who believe it is just a habit, ask yourself why other habits, some of them enjoyable, are easy to break. While a habit that feels awful, costs energy, time and virility is so difficult. Those that believe you enjoy PMO, ask yourself why other things in life, which are infinitely more enjoyable, you can take or leave. Why do you have to have PMO, panic setting in if you don't?

EASYPEASY is about to give you the knowledge on just how easy and enjoyable it is to quit PMO. Like many others, one of my greatest triumphs in life has been escaping the PMO trap. There is no need to feel depressed, on the contrary, you are about to accomplish something that every PMOer on the planet would love to achieve, FREEDOM!

Chapter 3

The Easy Method

The objective of this book is to direct you into a frame of mind in which, instead of feeling like you are climbing Mount Everest, spending the next few weeks craving and deprived, you start immediately with a feeling of elation, as if you had been cured of a terrible disease. The further you go through life, the more you will look at this period of time and wonder how you had to look at porn in the first place, looking at your PMOer friends with pity as opposed to envy.

Provided you aren't a non-PMOer, who never got addicted, or an ex-PMOer who has quit or is in the fasting days of the porn-diet, it's essential not to quit until you have finished the book completely. This appears to be a contradiction and this instruction to continue masturbating using porn has caused more objections than any other. As you go through the book, the desire to PMO will gradually be reduced. Don't go off half-cocked; this could be fatal.

Many PMOers don't finish the book because they feel they have to give something up, some deliberately read only one line a day in order to postpone the evil day. Look at it this way, what have you got to lose? If you don't stop at the end of the book, you're no more worse off than now. It's by definition a Pascal's Wager, a bet you take where you have nothing to lose with high chances of large gains.

Incidentally, if you're a PMOer who has not PMOed for a few days or weeks, but are not sure whether you're a PMOer, ex-PMOer or a non-PMOer, then don't use porn to masturbate while you read. In fact, you're already a non-PMOer, we just have to let your brain catch up with your body. By the end of the book, you'll be a happy non-PMOer. EASYPEASY is the complete opposite of the normal method, whereby listing the considerable disadvantages of PMO and saying:

"If I can go long enough without porn, eventually the desire will go and I can enjoy life again, free of slavery." This is the logical way to go about it, with thousands stopping every day using this method. However, it is very difficult to succeed for the following reasons:

Stopping PMO isn't the real problem. Every time you finish, you stop using it. You may have powerful reasons on day one of your once-in-four porn diet to say *"I don't want to PMO or even masturbate any more."* All PMOers do and their reasons are more powerful than you can possibly imagine. The real problem is day two, ten or ten thousand, where in a weak, inebriated or even strong moment you have one 'peek' and because it is drug addiction, you want another and suddenly you are an addict again.

Awareness of the health risks generates more fear, making it more difficult to stop. Tell PMOers that it is destroying their virility and the first thing they'll do is reach for something to rush their dopamine, a cigarette, alcohol or even firing up the browser to search for porn.

All reasons for stopping actually make it harder. This is due to two reasons. Firstly, we're always being forced to give up our little friend, prop, vice or pleasure, whichever way the PMOer sees it. Secondly, they create a blind, we don't masturbate for the reasons we should stop. The real question is, why do we want or need to do it?

With EASYPEASY, we initially forget the reasons we'd like to stop, facing the problem and asking ourselves the following questions:

1. What is PMO doing for me?
2. Am I actually enjoying it?
3. Do I really need to go through life using free internet porn or paying through the nose just to sabotage my mind and body?

The beautiful truth is that *all porn* does absolutely nothing for you whatsoever. Let's make that clear, not that the disadvantages of being a PMOer outweigh the advantages, it's that there are **zero** advantages to looking at internet porn. Most PMOers find it necessary to rationalise why they PMO, but the reasons they come up with are all fallacies and illusions. Through removal of these, you'll come to understand that not only is there nothing to give up, but there are marvellous positive gains from being a non-PMOer, well-being and happiness being only two. By eradicating the feelings of being deprived or missing out, we can then go back to reconsider the many benefits of quitting. These realisations will become positive aids, assisting you in achieving what you really desire, free from the slavery of the habit.

Chapter 4

Why is it difficult to stop?

All PMOers feel that something evil has possessed them, in the early days it's a question of "I will stop, just not today", eventually getting to the stage where we think we haven't got the willpower or there's something inherent in PMO that means that must have it to enjoy life. PMO addiction can be compared to clawing your way out of a slippery pit, you feel that you're near the top, seeing the sunshine but finding yourself slipping down as your mood dips. Eventually opening your browser and feeling awful as you masturbate, trying to work out why you have to do it.

Ask a PMOer *"If you could go back to the time before you became hooked, with the knowledge you have now, would you have started PMO?"*

"NO WAY!" would be the reply.

Say to the most confirmed PMOer, someone who defends internet porn and doesn't believe that it causes injury to the brain or decreases in dopamine receptors: "Do you encourage your children to use PMO?"

"NO WAY!" is again the reply.

Porn is an extraordinary enigma, as said previously, the problem isn't explaining why it is easy to stop; it's explaining why it's difficult. The real problem is explaining why anyone does it even after getting insights on neurological damage. Part of the reason we start is because of the tens of millions already into it, yet all wish they had not started in the first place, telling us it is like living life in second gear. We associate it with freedom or being "sex educated" and work hard to become hooked, spending the rest of our lives telling others not to start and trying to kick the habit ourselves.

We also spend a significant percentage of our time feeling hopeless and miserable, educating ourselves with supernormal stimuli that makes us prefer and long for these cold images, even when warm real ones are available. Living our lives as slaves to the drop of dopamine induced by PMO, sentencing ourselves to a lifetime of irritability, anger, stress, fatigue and PIED. Using porn in the absence of the best parts of sex, physical touch, feel, voice, ect, we end up feeling miserable and guilty.

In fact, reading about internet pornography's addictive and destructive capabilities here and in other sites makes us more nervous and hopeless! What sort of hobby is it that when you are doing it you wish you weren't and when you aren't you crave for it? Despising themselves reading about hypofrontality and desensitisation, PMOing behind their trusting partner's and unable to pull themselves up to exercise after a daytime PMO. A lifetime of an otherwise intelligent and rational human going through life in contempt. Having to go through life with these awful black shadows at the back of their mind, what do they get out of it? **Absolutely nothing!**

You might be thinking *"That's all very well, I know this, but once you are hooked on these things it is very difficult to stop."* But why is it so difficult? Some say that it is because of the powerful withdrawal symptoms, but as you will come to learn the actual dopamine withdrawal symptoms are so mild that PMOers should know about PMOers who have lived and died without realising they're drug addicts.

Some say that internet porn is free and humankind should claim this biological bonanza, this is untrue, it's addictive and acts like any other drug. If a PMOer who swears they only enjoy playboy-esque erotica was completely honest with you, you'd hear about all the times they have unwittingly crossed the line.

Rather using 'unsafe' porn and rationalising it than being left using nothing at all.

Enjoyment has nothing to do with it either, I enjoy crayfish but I never got to the stage where I needed crayfish multiple times or everyday. With other things in life we enjoy them whilst we are doing them, but we don't sit feeling deprived when we are not.

Some say:

"It's educational!" - So when is your graduation?

"It's sexual satisfaction!" - So why do it alone instead of finding a partner and saving it for them?

"It's a feeling of release!" - Release from the stresses of real life? Porn will not remove the source of the stress, in fact, adding to it.

Many believe that PMO relieves boredom, which is also a fallacy as boredom is a frame of mind. Porn will introduce you to novelty seeking in no time, causing you to become increasingly bored until you participate in the wild goose chase for the right clip to hit your dopamine receptors, increasingly wired to find clips that evoke strong emotions, novelty and outrageous shock value.

Some only do it because their friends and everyone they know do it. If so, hope that your friends don't start cutting their heads off to cure a headache! Most users who think about it end up coming to the conclusion that it is just a habit, generally coming to this conclusion through elimination of the usual explanations. Unfortunately, this explanation is equally illogical. Every day we change habits, some of them being very enjoyable. We have been brainwashed to believe that PMO is a habit and habits are difficult to break.

Are habits actually difficult to break? Drivers in the US are in the habit of driving on the right side of the road, but drivers travelling overseas break the habit with hardly any aggravation whatsoever. It's clearly a fallacy that habits are hard to break, so why do we find it difficult to break a habit that makes us feel deprived when we don't have it, guilty when we do and one that we would love to break anyway, when all we have to do is stop doing it?

The answer is that PMO is not a habit, **IT IS ADDICTION!** That is why it appears to be so difficult to 'give up', most PMOers don't understand addiction believing that they get some genuine pleasure or crutch from porn and believe they're making a genuine sacrifice if they quit.

The beautiful truth is that once you understand the true nature of porn addiction and the reasons why you PMO, you will stop doing it just like that. Within three weeks, the only mystery will be why you found it necessary to PMO as long as you have and why you can't persuade other PMOers of *how nice it is to be a non-PMOer!*

Chapter 5

The Sinister Trap

Internet porn is the most subtle, sinister trap that man and nature have combined to devise, it's the only trap in nature that which does not require a lot of hard work to setup. Some of us are even warned about the dangers, but we can't believe how they are not enjoying it. But what gets us into it in the first place? Typically, the free samples from professionals and amateurs who share the drug for free. This is how the trap is sprung, your first 'peek' has stains and holes, with most of the thumbnails on any porn page being amateurish, home-made clips of unknown models. If the first timers look at a page was only filled with angelic beauties and professional models then the alarm bells would ring.

Due to this mismatch in clips, our young minds are reassured that we'll never become hooked and we think because we are not enjoying them, we can stop whenever we want to. As intelligent human beings, we could then understand why half the adult population was systematically addicted to something that cuts down their very potential to do what they're viewing. Our curiosity brings us closer to their doorsteps, but you dare not click on some thumbnails, fearing they would cause you to become ill. If you accidentally clicked on one, all you'd want to do is get away from the page.

We then spend the rest of our lives trying to explain to ourselves why we do it, telling our children not to get caught and at odd times, trying to escape ourselves. The trap is so designed that we try and stop only due to an 'incident', whether it be sexual performance, loss of a career or relationship, shortage of drive or just plain feeling of being a leper. As soon as we stop, we have more stress due to withdrawal pangs and the method we rely on to remove that stress is removed.

After a few days of torture we decide we have picked the wrong time to quit, deciding we must wait for a period without stress and when that arrives our reason for stopping vanishes. Of course, that period will never arrive as we internally believe that our lives tend to become more and more stressful. Leaving the protection of our parents, stresses such as jobs, setting up home, mortgages, babies, bigger houses and more babies begin to crowd our lives. This is an illusion, the truth is that the most stressful part of any creatures life are early childhood and adolescence.

We tend to confuse responsibility and stress, a PMOer's life, like a drug addict's, automatically becomes more stressful because PMO doesn't relax you or relieve stress, as some try to make you believe. It's just the reverse, causing you to become more stressed as you continue using, adding more straw to the camels back. Even users who kick the habit, most do one or more times throughout their lives, can lead perfectly happy lives yet suddenly become hooked again. Wandering into the PMO maze, our minds become misted and clouded and we spend the rest of our lives trying to escape, many of us succeeding, only to fall into the sinister trap at a later date.

PMO addiction is a complex and fascinating puzzle, much like a Rubik's Cube, practically impossible to solve. But, if you have the solution, it's simple and fun! EASYPEASY contains the solution to this puzzle, leading you out of the maze, never wandering into it again. All you have to do is follow the instructions, however, if you take a wrong turn, the rest of the instructions will be pointless.

Anyone can find it easy to stop, but first we must establish the facts. No, not scare facts, there is already enough information out there to stop you. If that was going to stop you, you would have already stopped. But why do we find it difficult to stop? Answering this requires us to know the real reason we are still doing PMO, which boils down to two factors. They are:

- Nature and internet porn
- Brainwashing

PMOers are intelligent, rational human beings. They know they're taking enormous future risks and so they spend a lot of time rationalising their 'habit'. But PMOers know in their hearts that they're fools, they know they had no need to use porn before they became hooked. Most remember that their first 'peek' was a mix of revulsion and novel curiosity. They then get skilled at locating, filtering and bookmarking sites, knowing they had to work hard to become hooked.

The most annoying part is that the sense that non-addicts, most women, older guys and people living in countries where high speed internet porn is unavailable, aren't missing out on anything and find the situation laughable. By dismantling the factors in the next chapters, you too will see the sinister trap for what it is!

Chapter 6

Nature

Internet porn works by hijacking natural reward mechanisms designed to keep you reproducing for as long as possible, the instant and highly accessible novelty of internet porn keeping the brain's reward mechanism producing dopamine for much longer than would normally be possible. Dopamine is a neurotransmitter that encourages action, the real pleasure is produced by opioids. More dopamine, more opioids, more action. Without dopamine, actions such as eating don't feel pleasurable and don't get done, with foods high in fat and sugar producing the highest chemical release.

Porn triggers a flood of dopamine, so the first time you see porn, you act, orgasming and triggering another flood of opiates. The brain, incentivised to get as much dopamine as possible, stores this as a script for easy recall, strengthening the neural pathways by releasing DeltaFosB. In future, a cue such as a sexy commercial, alone time, stress or feeling a little down, the brain calls up the pathway and you are ready to take a ride on the 'water slide'. Every time you repeat this, more DeltaFosB is released and the water slide is greased, alive and easier to slide the next time.

The brain has a self correcting system whereby the number of dopamine and opioid receptors are limited when frequent and daily flooding of dopamine is detected. Unfortunately, these receptors are also needed to keep us motivated to handle stresses in day to day life. The nominal amounts of dopamine produced by natural causes simply do not compare and aren't as efficiently absorbed with decreased receptors, leading you to feel more stressed and irritated than normal. This process is known as desensitisation.

In this cycle, you crossed the 'red line' and triggered emotions such as guilt, disgust, embarrassment, anxiety and fear, which in turn raise dopamine levels even higher causing the brain to misinterpret these feelings as sexual arousal.

As time passes, not only is the brain desensitised to previous clips it has seen, but also to similar genres and shock level. This lower motivation will trigger a feeling of lower satisfaction as our brains engage in constant rating, pushing you to find a clip to sate the hunger. So you seek more novelty, clicking on the amateurish, shock inducing clip on the front page of the site that you confidently said you wouldn't on your first visit.

"For in the dew of little things the heart finds its morning and is refreshed" - Kahlil Gibran

A fleeting feeling of security is all that is needed to get through a rough spot in life, but will your desensitised brain be able to catch that drop of de-stressor that a non-PMOers brain is able to use?

Dopamine flooding, like quick acting drug, falls quickly to induce withdrawal pangs. Many PMOers have the illusion that these pangs are the terrible trauma that they suffer when they try or are forced to stop. They're in fact, primarily mental. The user is feeling deprived of his pleasure or prop.

6.1 The Little Monster

The actual pangs of withdrawal from PMO are so subtle that most users have lived and died without realising they're drug addicts. Many PMOers have a fear of drugs, yet that's exactly what they are, drug addicts. Fortunately, it's an easy drug to kick, but you first need to accept that you are in fact, addicted. There is no physical pain in the withdrawal from PMO, merely an empty, restless feeling of something missing, which

is why many believe it is something to do with their hands. Prolonged, the feeling becomes nervousness, insecurity, agitation, low confidence and irritability. It's like hunger, for a poison.

Within seconds of engaging into PMO, dopamine is supplied and the craving ends, resulting in a feeling of fulfillment as you whiz down the water slide. In early days, the withdrawal pangs and their subsequent relief are so slight that we were unaware of them. When we become regular users, we believe it's because we have come to enjoy them or gotten into the 'habit'. The truth is that we're already hooked, but we don't realise it. The little monster is already in our brains and every once and a while we take a trip down the water slide to feed it.

All PMOers begin seeking porn for irrational reasons. The *only* reason anybody continues PMOing, whether they're a casual or heavy user, is to feed that little monster. The whole conundrum is a series of cruel and confusing punishments, but perhaps the most pathetic aspect is the sense of enjoyment a PMOer gets from a session, trying to get back to the sense of peace, tranquility and confidence his body had before they became hooked in the first place.

6.2 The Annoying Alarm

You know that feeling when a neighbour's home alarm has been ringing all day, or there has been some other minor persistent aggravation? Then, the noise suddenly stops and a marvelous feeling of peace and tranquility washes over you. This isn't really peace, but an ending of aggravation. Before we start the next PMO session, our bodies are complete, but then forcing our brains to begin pumping dopamine into the body and when we are done and the dopamine begins to leave, we suffer withdrawal pangs, not physical pain, just an empty feeling. We aren't even aware it exists, but it's like a dripping tap inside our bodies.

Our rational minds don't understand it, but they don't need to. All we know is that we want porn and when we masturbate the craving goes. However, the satisfaction is fleeting because in order to relieve the craving you have to get more porn. As soon as your orgasm, the craving starts again and the trap continues to hold you. A feedback loop, unless you break it!

The PMO trap is similar to wearing tight shoes just to obtain the pleasure of taking them off. There are three primary reasons why PMOers cannot see it this way.

1. From birth, we have been subjected to massive amounts of brainwashing telling us that internet porn is simply another modern development that replaced the print version of porn. This fallacy is packaged with the truth that masturbation isn't harmful, so why shouldn't we believe them?
2. Because physical dopamine withdrawal involves no actual pain, merely an empty insecure feeling inseparable from hunger and normal stress, the feeling manifesting into a PMO session as those are the very times we tend to seek internet porn. We tend to regard this feeling as normal.
3. However, the main reason that PMOers fail to see internet porn in its true light is because it works back to front. It's when you are *not* consuming it that you suffer the empty feeling. Because the process of getting hooked is incredibly subtle and gradual in the early days, we regard the empty feeling as normal and don't blame it on the previous PMO session. The moment you fire up the browser and begin your session, you get an immediate boost, becoming less nervous or more relaxed and internet porn gets the credit.

This 'back to front' reverse process makes all drugs difficult to kick. Picture the state of panic of a heroin addict without any heroin, now picture the utter joy of when they can finally plunge a needle into their vein. Non-heroin addicts don't suffer that panicked feeling.

The heroin doesn't relieve the feeling, it causes it. Similarly, non-PMOers don't suffer the empty feeling of needing internet porn or starting to panic when they are offline. Non-PMOers can't understand how PMOers could possibly obtain pleasure from two dimensional videos with muted sounds and abnormal body proportions. Eventually, PMOers can't understand either.

We talk about internet porn being relaxing or satisfying. But how can you be satisfied unless you were dissatisfied in the first place? A non-PMOer don't suffer from this unsatisfied state, completely relaxed after a no-sex date, while the PMOer isn't until they have satisfied their 'little monster'.

6.3 A pleasure or a crutch?

An important reminder, the main reason that PMOers find it difficult to quit is that they believe they are giving up a genuine pleasure or crutch. It's essential to understand that you are giving up *absolutely nothing* whatsoever. The best way to understand the subtleties of the PMO trap is to compare it with eating. The habit of regular meals causes us to not feel hungry between, only being aware of hunger if the meal is delayed. There's no physical pain, just an empty insecure feeling we recognise as hunger. The process of satisfying our hunger is a very pleasant experience.

PMOing appears to be almost identical, but it's not. Like hunger, there's no physical pain and the reward mechanism behaves in a similar way, but it's this similarity to eating that tricks the PMOer into believing there's a genuine pleasure or crutch. Although eating and PMOing appear to be very similar, in fact they're exact opposites.

- You eat to survive and to energise your life, whereas PMOing dims and cuts down your mojo.
- Food genuinely tastes good and eating is a genuinely pleasant experience that we can enjoy throughout our lives. PMOing involves self-sabotaging the happiness receptors and thus destroying your chances to cope and feel happy.
- Eating doesn't create hunger and genuinely relieves it, whereas the first PMO starts the craving for dopamine and each subsequent PMO. Far from relieving it, ensuring that you suffer for the rest of your life.

Is eating a habit? If you think so, try breaking it completely! To describe eating as a habit would be like describing breathing as a habit, both are essential for survival. It's true that people do have the habit of satisfying their hunger at different times with varying types of food, but eating itself isn't a habit. Neither is PMO. The only reason a PMOer fires up the browser is to try and end the empty feeling the previous session created, at different times with varying escalating genres.

On the internet, PMO is frequently referred to as a habit and for convenience EASYPEASY also refers to the 'habit'. However, be constantly aware that PMO isn't a habit, it's **drug addiction!** When we start to PMO, we have to force ourselves to cope with it. Before we know it, we are escalating into more bizarre and shocking porn. The thrill is in the hunting, not the killing, dopamine rapidly leaving the body after orgasm, explaining why PMOers want to 'edge' (delaying orgasm) and flick between multiple browser windows and tabs.

6.4 Crossing the red line

As with any other drug, the body tends to develop immunity to the effects of the same old clips, our brain wanting more or something else. After a short period of watching the same clip it ceases to completely relieve the withdrawal pangs that the previous session created. There is a tug of war occurring in this porn paradise, you want to stay on the safe side of your 'red line', but your brain is asking you to click on the forbidden fruit clip.

You feel better after engaging in this PMO session, but you are more nervous and less relaxed than someone who never started, even though you are living in a supposed porn paradise. This position is even more ridiculous than wearing tight shoes because as you go through life an ever increasing amount of discomfort remains after taking the shoes off. Because they know the little monster has to be fed, the PMOer themselves will decide when, tending to be on four types of occasions or a combination of them.

Boredom / Concentration - Two complete opposites!

Stress / Relaxation - Two complete opposites!

What magic drug can suddenly reverse the very effect it had minutes before? The truth is, PMO neither relieves boredom and stress or promotes concentration and relaxation. If you think about it, what other types of occasions are there in our lives, bar sleep? If you have ideas of toning down to other types of 'realistic' or 'soft' genres of porn, the content of this book applies to all porn, print, webcams, pay-per-views, chat, live shows, ect. The human body is the most sophisticated object on the planet, but no species,

even the lowest amoeba or worm, survives without knowing the difference between food and poison.

Through natural selection our minds and bodies have developed techniques for rewarding actions that multiply and sustain humanity. They're not prepared for supernormal stimuli that are bigger, brighter and edgier than anything found in nature, even the most muted two dimensional image will cause us to become aroused. But keep looking at the same image repeatably and you won't be. In real life, checks and balances ensure that you do something else, internet porn has no such thing, causing you to spend your life in a virtual harem!

It's a fallacy that physically and mentally weak people become PMOers, the lucky ones are those who find their first instance repulsive and are cured or live. Alternatively, they aren't mentally prepared to go through the severe learning process of fighting to get themselves hooked, fear of 'getting caught' or not technical enough to operate browser privacy settings. This is perhaps the most tragic part of the whole business, teenagers, skilled in finding material and covering their tracks start in increasing number.

Enjoying internet porn is an illusion. Jumping from genre to genre, merely keeping our novelty 'monkey' within the 'red line' of 'safe' porn genres to get our dopamine fix. Like heroin addicts, all they're really enjoying is the ritual of relieving those pangs.

6.5 The High From the Dance Around The Red Line

Even the one clip on lingered on, the PMOer constantly teaches themselves to filter out the bad and ugly portions of a porn clip. Even if it's solo, you still filter on the body parts that appeal to you the most. In fact, some take pleasure in this dance around the red line, finding excuses to declare they like the 'soft stuff', unaddicted to supernormal stimuli. But ask a user who believes they stick to a certain actor or genre, *"If you cannot get your normal brand of porn and can only obtain an unsafe genre, do you stop masturbating?"*

No way! A PMOer will masturbate to anything, escalating genres, differences in sex-orientation, look-alike performers, dangerous settings, shocking relationships, anything to sate the little monster. To begin with they taste awful, but given enough time you will learn to like them. PMOers will seek empty-fulfillment after having real sex, after a long work day, fever, colds, flu, sore throats and even admitted in hospitals.

Enjoyment has nothing to do with it, if sex is wanted, then it makes no sense to be with your laptop. Some PMOers find it alarming to realise they're drug addicts and believe it will make it even more difficult to stop. In fact, this is good news for two important reasons.

1. The reason why most of continue PMOing is because although we know the disadvantages far outweigh the advantages, we believe there is something in the porn that we actually enjoy or it is some sort of prop. We're under the illusion that after we stop PMOing there will be a void, certain situations in our lives never being quite the same. The fact is, PMO not only gives nothing, it only takes away.
2. Although internet porn is the most powerful trigger for novelty and sex based dopamine flooding, because of the speed you become hooked, you're never badly hooked. The actual withdrawal pangs are so mild that most PMOers have lived and died without realising they've suffered them.

Why is it then that many PMOers find it so difficult to stop, going through months of torture, spending the rest of their lives pining for it at odd times? The answer is the second reason, the brainwashing. The neurotransmitter addiction is easy to cope with, most PMOers go for days without online porn on business trips or travel, unaffected by withdrawal pangs. Their little monster knows that you'll open your laptop as soon as you return to your hotel room. You can survive your obnoxious client and your megalomaniac manager, knowing the fix is there for your taking.

6.6 The Smokers Analogy

A good analogy is of the cigarette smoker, if they went ten hours of the day without a cigarette they'd be tearing their hair out. Many smokers will buy a new car and refrain from smoking in it. Many will visit theatres, supermarkets, churches and not being able to smoke causes them no problems. Even on trains

and airplanes there have been no riots. Smokers are almost pleased for something or someone to stop them smoking.

PMOers will automatically refrain from using internet porn in the home of their parents during family gatherings and other events with little discomfort. In fact, most PMOers have extended periods during which they abstain without effort. The neurological little monster is easy to cope with, even when you are still addicted. There are millions of PMOers who remain casual users all their lives, they're just as addicted as the heavy PMOer. There are even heavy PMOers who have kicked the addiction but will have an occasional peek, greasing the water slide to ride down it at the next dip in mood.

As said previously, the actual porn addiction is not the main problem, simply acting as a catalyst to keep our minds confused over the real problem - brainwashing. Don't think the bad effects of internet porn are exaggerated however, if anything, they're sadly understated. Occasionally, rumors circulate that the neural pathways created are there for life, with the right mix of chance and stimuli sending you down the life ruining water slide again, but these are untrue. Our brains and bodies are miraculous machines, recovering within a matter of weeks.

It's never too late to stop, a quick browse of online communities will show you people of all ages rebooting their (and their partners) lives. As with anything humans do, some take it to the next level, practising semen retention and Karezza, differentiating between the amative and propagative sides of sex and making their partners happier than ever before.

It may be of consolation to lifelong and heavy PMOers that it's just as easy for them to stop as casual PMOers, in a peculiar way, it is easier. The further it drags you down, the greater the relief. When I stopped I went straight to *zero* and didn't have one bad pang. In fact, it was actually enjoyable, even during the withdrawal period.

But first, we must remove the brainwashing.

Chapter 7

Brainwashing

The second factor behind why we start PMOing is the brainwashing. Understanding this fully required us to first examine the powerful effects of supernormal stimulus. Our brains are simply not prepared for the creation of an 'online harem', allowing us to flick between more potential mates in fifteen minutes than our ancestors had in several lifetimes.

There has been much misguided advice in the past, one such being that masturbation leads to blindness. Clearly this, along with other scare tactics clearly over did it. These misconceptions were right to be overthrown by science. But the baby has been thrown out with the bath water, from our earliest years our subconscious minds are bombarded with sexual messages and imagery, magazines and advertisements loaded with innuendo. Some pop videos are extremely suggestive, but don't despair, make it a game to identify what components they are using - is it shock value, novelty, colour, size, taboo, ect. Such a game can even be taught to pre-teens as a way to educate them.

At it's core, the message is "The most precious thing on this earth, my last thought and action, will be orgasm." Is this an exaggeration? Watch any TV or movie plot and you will see the mix up of the amative (touch, smell, voice) and the propagative (orgasmic) parts of sex. The impact of this doesn't register on our conscious, but the subconscious has time to absorb it.

7.1 Scientific reasoning

There's publicity the other way, PIED scares, loss of motivation, preferring virtual porn to real girls, YourBrainOnPorn and various internet subcultures, but these movements don't actually stop people from PMOing. Logically they should, but the simple fact is they don't. Even the health risks listed on YourBrainOnPorn aren't enough to stop an adolescent from starting.

Ironically, the most powerful force in this confusion is the PMOer himself. It is a fallacy that they are weak-willed or physically weak people. You have to be physically strong in order to cope with an addiction after you know it exists. Perhaps the most painful aspect is that they think of themselves as unsuccessful losers and insufferable introverts. It is likely that a PMOer friend could be more interesting in person if he hadn't put himself down for seeking self-pleasure.

7.2 The Willpower Method

PMOers quitting using the willpower method blame their own lack of willpower and ruin their peace and happiness, it's one thing to fail in self-discipline and another to self-loathe. After all, there's no law that requires you to be hard all the time before sex, be properly aroused and that you must be able to satisfy your partner. we're working on an addiction, not a habit, at no point do you argue with yourself to stop a habit like golfing. But to do the same with porn addiction is normalised, why?

Constant exposure to a supernormal stimulus rewires your brain, but you need to start building a resistance to this brainwashing, as if you were buying a car from a second hand car dealer. Nodding politely but not believing a single word spoken. So don't believe that you must have as much sex as you can, all of it being exceptionally good, using porn in absence of real sex.

Don't play the safe porn game either, your little monster invented that game to lure you. Is amateur porn certified by some authority? Porn sites gather data from their users and use it to cater to their needs, if they see a uptick in a certain category they'll focus on it and get content out ASAP. Don't be fooled by educational intent, or 'safe' female marketed clips. Start asking yourself: *Why am I doing it? Do I really need to?*

No, of course you don't!

Most PMOers swear that they only watch static and soft porn and so are fine, in actuality, they're straining at the leash, fighting with their willpower to resist temptations. If they do this too often and too long, they'll deplete their willpower considerably and begin failing in areas in other life projects where willpower is of great value, like exercise, dieting, ect. Continuous failures in these areas will make them feel miserable and guilty, cascading and kicking them back into PMO. If they don't, they'll vent their anger and depression onto their loved ones.

Once you have become addicted to internet porn, the brainwashing is increased. Your subconscious mind knows that the little monster has to be fed, blocking everything else from your mind. It's fear that keeps people quitting, fear of that empty, insecure feeling that you get when you stop supplying dopamine flooding. Just because you aren't aware of it doesn't mean it isn't there. You don't have to understand it any more than a cat needs to understand where the hot water pipes are, the cat just knows that if it sits in a certain spot it feels warm.

7.3 Passivity

The passivity of our minds and dependence on authority leading to brainwashing is the main difficulty of giving up PMO. Our upbringing in society, reinforced by brainwashing from our own addiction and the most powerful, our friends, relatives and colleagues. The phrase 'giving up' is a classic example of the brainwashing, implying a genuine sacrifice. The beautiful truth is there's nothing to give up, on the contrary, you'll be freeing yourself from a terrible disease and achieving marvellous positive gains. We'll begin removing this brainwashing now, starting with no longer referring to 'giving up' but to stopping, quitting or perhaps the true position, **escaping!**

The only thing that persuades us to PMO in the first place is the other people doing it, feeling that we're missing out. Working hard to become hooked, yet never finding out what they've been missing. Every time we see another clip it reassures us there must be something in it, otherwise people wouldn't be doing it and the business wouldn't be so big. Even when they kick the habit, the ex-PMOer feels they're being deprived when a discussion on a sexy entertainer, singer or even porn star comes up at a party or social function. They must be good if all my friends talk about them, right? Do they have free pictures of her online? They feel safe, they can just have that one peek tonight and before they know it, they're hooked again.

The brainwashing is extremely powerful and you need to be aware of it's effects. Technology continues to grow and in the future will bring even faster sites and access methods. The porn industry is investing millions in virtual reality so that it will become the next best thing. We don't know where we're going, unequipped to deal with present technology or what is to come.

We are about to remove the brainwashing, it's not the non-PMOer who is being deprived but the user who is forfeiting a lifetime of:

- Health
- Energy
- Wealth
- Peace of mind
- Confidence
- Courage
- Self-respect

- Happiness
- Freedom

What does he gain from these considerable sacrifices? **ABSOLUTELY NOTHING**, apart from the illusion of trying to get back to the state of peace, tranquillity and confidence that the non-PMOer always enjoys.

7.4 Withdrawal Pangs

As explained earlier, PMOers believe they PMO for enjoyment, relaxation or some sort of education. The actual reason is relief of withdrawal pangs. Our subconscious mind begins to learn that internet porn and masturbation at certain times tends to be pleasurable. The more we become hooked on the drug, the greater the need to relieve the withdrawal pangs and the further the subtle trap drags you down. This process happens so slowly that you aren't even aware of it, most young PMOers don't realise they're addicted until trying to stop and even then, many won't admit it.

Take this conversation a therapist had with hundreds of teenagers.

Therapist: "You realise that internet porn is a drug and the only reason why you are using is that you cannot stop."

Patient: "Nonsense! I enjoy it, if I didn't, I would stop."

Therapist: "Just stop for a week to prove to me you can if you want to."

Patient: "No need, I enjoy it. If I wanted to stop, I would."

Therapist: "Just stop for a week to prove to yourself you aren't hooked."

Patient: "What's the point? I enjoy it."

As already stated, PMOers tend to relieve their withdrawal pangs at times of stress, boredom, concentration or a combination of these. In the following chapters, we will target these aspects of the brainwashing.

Chapter 8

Brainwashing Aspects

The brainwashing is the big monster of the PMO problem, there are many aspects, flowing from societal forces, media, peers and internal narratives. Immense, common and encompassing, it's crucial to deconstruct the various fallacies involved with the PMO trap.

8.1 Stress

Not only great tragedies in life, but also minor stresses drive the PMOer one step further into the forbidden area previously excluded. Stresses includes socialising, phone calls, anxieties of the housewife with young children and many others. Taking phone calls as an example, particularly for a businessperson. Most calls aren't from satisfied customers or your boss congratulating you, there's some sort of aggravation. Coming home to mundane family life of kids screaming and their partners emotional demands the PMOer, if they aren't already doing so, fantasises the relief of porn promised that night. Unconsciously suffering withdrawal pangs, weakened destressors unprepared for the additional aggravation. Partially relieving the pangs at the same time as normal stress, the total is reduced and the PMOer gets a temporary boost. The boost isn't an illusion, the PMOer does feel better than before, but they're more tense than they would be as a non-PMOer.

The following example isn't designed to shock you, EASYPEASY promises no such treatment, but is to emphasise that PMO destroys your nerves rather than relaxing them.

Try to imagine getting to the stage where you are unable to be aroused, even with a very sexy and attractive partner. For a moment, pause and try to visualise life where a very lovely and charming person has to compete and fail with the virtual porn stars who occupy your 'harem' to get your attention. Imagine the frame of mind of a person, who issued with that warning, continues PMOing and dies without ever having real sex with this charming and willing partner. It's easy to dismiss these people as weirdos but stories like these aren't fakes, this is what the awful novelty of the porn drug does to your brain. The more you go through life, the more your courage is sapped and the more you are deluded into the believing porn is doing the opposite.

Have you ever been overtaken by panic when out of the blue the WiFi stops working or is too slow? Non-PMOers don't suffer from it, the internet porn drug causes that feeling. As you go through life, it systematically destroys your nerve and courage, leaving DeltaFosB to form a powerful neural water slide in it's wake, progressively destroying your ability to say no. By the stage where virility has been killed, the PMOer believes PMO is their new partner and is unable to face life without it.

Internet porn isn't relieving your nerves, it's slowly destroying them. One of the great gains of breaking the addiction is the return of your natural confidence and self assurance.

There's no need to self-rate based on your ability to satisfy a partner, this isn't freedom. But this freedom cannot be obtained by continuing to grease the dopamine water slide in ways that undercut your happiness and libido by repeating the same destructive behaviour.

8.2 Boredom

If you're like many people, as soon as you get into bed you're already on your favorite porn site, probably already forgetting until you were reminded. It has become second nature. PMO relieving boredom is another fallacy, as boredom is a frame of mind. The only time this happens is when you have been deprived for a long time or are trying to cut down.

The actual situation is this, when you're addicted to the supernormal pull of internet porn and then try to abstain, there's something missing. If you have something to occupy your mind that isn't stressful, you can go for long periods of time without being bothered by the absence of the drug. However, when you're bored there's nothing to take your mind off it, so you feed the monster. When you're indulging yourself, not trying to stop or cut down, even firing up private browsing becomes subconscious. The PMOer performs this ritual automatically, if they try to remember sessions during the last week, they can only remember a small proportion of them, like the very last one or after a long abstinence.

The truth is that PMOing increases boredom indirectly because orgasms make you feel lethargic and instead of undertaking an energetic activity, PMOers tend to prefer lounging around, bored, relieving their withdrawal pangs. Countering the brainwashing is important because PMOers tend to PMO when they're bored, our brains wired to interpret PMO as interesting. Similarly, we've also been brainwashed into believing sex, even bad sex, aids relaxation. It's a fact that when sad or under stress, couples want to have sex. In the absence of discrimination between amative and propagative sex, watch how quickly you want to get away from each other after the mandatory orgasm is achieved. If the couple had just decided to hug, speak or cuddle and go to sleep, they would have felt relieved.

8.3 Concentration

Masturbation and sex don't help concentration, when you're trying to concentrate, you automatically try and avoid distractions. Therefore, when a PMOer wants to concentrate, they don't even think, automatically PMOing, feeding the little monster and partially ending the craving. Getting on with the matter at hand, they've already forgotten they've PMOed. After years of dopamine flooding the brain changes affect abilities such as accessing information, planning and impulse control.

You're also driven to provide novelty for the next PMO session as the same stuff won't generate enough dopamine and opioids, you will have to roam the internet streets for novelty, fighting the pull to cross the line towards shocking material, this in turn generating more stress, leaving you unfulfilled after finishing.

Concentration is also adversely affected due to dopamine receptors being culled due to natural tolerance to the large surges, reducing the benefit of smaller dopamine boosts from natural de-stressors. Your concentration and inspiration will be greatly boosted as this process is reduced. For many, it's the concentration aspect that prevents them from succeeding with the willpower method, they could put up with the irritability and bad temper, but the failure to concentrate on something difficult once their crutch is removed ruins many.

Loss of concentration that PMOers suffer when they try to escape isn't due to the absence of sex, let alone PMO. You have mental blocks when you're addicted to something, when you have a mental block, what do you do? You fire up the browser, which doesn't cure the block so then what do you do? You do what you have to do, you get on with it, just as non-PMOers do.

When you're a PMOer nothing is blamed on the cause, PMOers never have erectile dysfunction, just occasional down time. The moment you stop using, everything that goes wrong is blamed on the reason you stopped. Now when you have a mental block, instead of just getting on with it, you begin to say *"If only I could check my harem now, it would solve all my problems"*. You then begin to question your decision to quit and escape from the slavery.

If you believe that PMOing is a genuine aid to concentration, worrying about it will guarantee that you won't be able to concentrate. The doubting, not the physical withdrawal pangs, causes the problem. Always remember, it's the PMOer who suffers pangs, not non-PMOers.

8.4 Relaxation

Most PMOers think that PMO helps to relax them, it doesn't. The frantic search to get the fix in those 'dark alleys of the internet' and the internal struggle straining at the leash to cross the red line doesn't sound like a very relaxing activity.

As night rolls in, after a trip to a new place or a long day, we sit down and relax, relieve our hunger, thirst and are completely satisfied. The PMOer isn't, having another hunger to satisfy. Thinking of the PMO as the icing on the cake, but it's the 'little monster' that needs feeding. The truth is that the addict can never be completely relaxed and going through life it gets worse. Take one online comment from an ex-PMOer:

"I really believed that I had an evil demon in my make up, I now know that I had, however it wasn't some inherent flaw in my character but the little internet porn monster that was creating the problem. During those times I thought I had all the problems in the world, but when I look back on my life I wonder where all the great stress was. In everything else in my life I was in control, the one thing that controlled me was porn slavery. The sad thing is that even today I can't convince my children that it was the slavery that caused me to be so irritable."

Every time I hear a porn addict trying to justify their addiction the message is, *"Oh it helps me to relax."* On the internet I read about a single dad whose six year old son wanted to share his bed in the night after a scary movie, but the dad would refuse so that he could have his PMO session and edge for hours.

Here's another smoking analogy, a couple of years ago adoption authorities threatened to prevent smokers from adopting children. A man rang up, irate. *"You are completely wrong"*, he said *"I can remember when I was a child, if I had a contentious matter to raise with my mother, I would wait until she lit a cigarette because she was more relaxed then."* Why couldn't the man talk to his mother when she wasn't smoking a cigarette?

Why are some PMOers are so stressed when they're not getting their fix, even after real sex? One story online details a man working in the advertising field having 9's and 10's open for dates at any time, but he lost interest in taking them out for dinner as internet porn was far easier for him, no restaurant spending and the possibility of a 'no' from his date at the end of an evening. Why would he be bothered when his little monster keeps him craving the low risk, high reward scheme at his fingertips when he reaches home?

Why are non-PMOers completely relaxed then? Why are PMOers not able to relax without a fix for a day or two? Read about the experience of a PMOer taking the abstinence oath and quitting and you will notice the struggle with temptations, clearly not relaxed at all when not allowed to have the 'only pleasure' they are 'entitled to enjoy'. They've forgotten what it's like to be completely relaxed. PMOing can be likened to a fly being caught in a pitcher plant, to begin with, the fly is eating the nectar but at some imperceptible stage the plant begins to eat the fly.

Isn't it time you climbed out of the plant?

8.5 Social Night PMOing

This is misinformation that seems to make sense, but it doesn't. In order to control your appetite, will you eat at home before leaving to go to a restaurant or party? This is what you're doing when you PMO before your social night, looking tired and not up to your best. The widespread adoption of pick-up techniques has introduced pressure to perform, pick-up and score. Attempting to drown your butterflies with PMO and substances will only make the problem worse in the long run. Personally, I like a bit of anxiety to keep me focused and engaged, tiring yourself out mentally and physically with orgasm isn't going to help.

Social night PMOing is occasioned by two or more of our usual reasons for pleasure/prop seeking, social functions are at their core both stressful and relaxing. This might appear to be a contradiction but any form of socialisation can be stressful, even with friends. At the same time however, you want to be yourself and completely relaxed. There are many occasions that have multiple factors present at any one time, take driving as an example, after all, your life is at stake. Stressful with concentration required for a sustained period of time, you need not be aware of these factors, your subconscious has already got the message. By the same token, stuck in traffic jam or bored on a long highway drive, you might have promised yourself a PMO when you reach home.

Another good example is going on a first date, your mind throwing out questions about the person you are about to meet. Then you meet the person in the flesh, if your enthusiasm starts to fade you will start to feel too relaxed, then feeling guilty for feeling this way. The tug of war has started, I want sex or get me out of here ASAP, priming you for post date PMOing.

Even if the date went well and hours later you are back at their place, no matter which way it goes you will not be satisfied if your only goal is seeking orgasm. At other times, you drive home alone, only thought being your online harem instead of patting yourself on the back for your efforts. You can bet that someone in this position will PMO when they reach home, it's often after nights like these, when we wake to feel uneasy emptiness, are the ones we'll miss the most when we are contemplating stopping PMOing. We think that life will never be quite as enjoyable again. In fact, It's the same principle at work, the PMO sessions simply provide relief from the withdrawal pangs, at some times having greater needs than others. Greasing the water slide for the next cue.

Make this clear - It's not the internet porn and harem dwellers that are special, it's the occasion. Once the need for PMO is removed, such occasions will become more enjoyable and stressful situations less stressful.

Chapter 9

What am I giving up?

Absolutely nothing! PMO is difficult to give up because of fear we are being deprived of our pleasure or prop. The fear that certain pleasant situations will never be quite the same again. The fear of being unable to cope with stressful situations. In other words, the effects of brainwashing to delude us into believing that sex and by extension, orgasm, is a must for all human beings. Even further, believing there is something inherent in internet porn that we need and that when we stop PMOing we will be denying ourselves and creating a void.

Make this clear in your mind: **Internet Porn doesn't fill a void, it creates one!**

Our bodies are the most sophisticated objects on the planet. Whether you believe in intelligent design, natural selection or a combination of both, our bodies are a thousand times more effective than man! We are unable to create the smallest living cell or the miracles of eyesight, reproduction and various interlinked systems present in our bodies or brains. If this creator or process had intended us to handle supernormal stimulus, we would have been provided with a different reward system. Our bodies are provided with fail-safe warning devices, ignoring these at our peril.

9.1 There is nothing to give up

Once you purge the little monster from your body and the brainwashing (the big monster) from your mind, you'll neither want to masturbate often or need internet porn for it. There are many knowns and unknowns when it comes to porn addiction, many in the medical community have no concept of questioning and determining someone as a porn addict. A lot of reported symptoms are wrongly tagged other causes. It's not that PMOers are generally stupid people, it's just that they're miserable without PMO. Caught between the devil and the deep sea, abstaining and being miserable because they cannot PMO or miserable because they are guilty and begin despising themselves because of it. When they get symptoms such as lower back pain or PIED, their minds are torn between accepting responsibility and looking the other way.

Another smoker analogy, all of us have seen smokers who develop excuses to sneak off for a crafty puff, it's easy to see the true addiction in action. Addicts don't do it because they enjoy it, they do it because they are miserable without it.

For many their first sexual experience ended in an orgasm, so they acquired the belief that they can't enjoy sex without one. For men, porn is marketed as an aid towards sex, sometimes even as an education in confidence during the act. This is nonsense, the conditioning of supernormal stimulus only succeeds in bringing it down.

Not only is there nothing to give up, but there are massive positive gains to be had. When PMOers contemplate quitting, they tend to concentrate on health and virility. These are valid and important reasons, but I personally believe the greatest gains are psychological:

- The return of your confidence and courage
- Freedom from slavery

- No longer having awful black shadows at the back of your mind, despising yourself

9.2 Void, the void, the beautiful void!

Imagine having a cold sore on your face, you go to the pharmacist and he gives you a free ointment to try. You run the ointment on and it disappears immediately. A week later it reappears, so you go back to the pharmacist and ask if they have any more ointment. The pharmacist says *"Sure, keep the tube, you might need it later."*

You apply the ointment, hey presto, the sore disappears once again. But every time the sore returns, it get larger and more painful, with the interval getting shorter and shorter. Eventually, the sore covers your whole face and is excruciatingly painful, it's now returning every half hour. You know the ointment will remove it temporarily, but you are very worried. Will the sore eventually spread over your whole body? Will the interval disappear completely? You go to your doctor, he can't cure it, you try other things but nothing helps apart from the ointment.

By now you are completely dependent on the ointment, never going out without ensuring that you have a tube with you. If you go abroad, you make sure you take several tubes with you. In addition to your worries about your health, the pharmacist is charging you a hundred dollars a tube. You have no choice but you pay up.

You stumble across an article discussing this and find out it isn't just happening to you, many people are suffering from the same problem. In fact, the medical community has discovered that the ointment doesn't actually cure the sore, all it does is take the sore beneath the surface of the skin. It's the ointment that caused the sore to grow, all you have to do to get rid of the sore is to stop using the ointment, disappearing in due course.

Would you continue to use the ointment? Would it take willpower to not use the ointment? If you didn't believe the article, there might be a few days of apprehension, but once you realised the sore was beginning to get better, the need or desire to use the ointment would go. Would you be miserable? Of course you wouldn't! You had an awful problem which you thought was incurable but now you've found the solution. Even if it took a year for the sore to go away, every day as it improved, you'd think about how marvellous you felt. This is the magic of quitting PMO.

The sore isn't the body pains, lack of normal lust, flagging arousal, fading penetration, wasted time spent on two-dimensional images, feelings of infringement on entitlement, despising the people who caught you, or even worse, despising yourself. These are all in addition to the sore.

The sore makes us close our minds to all these things, it's that panic feeling of wanting a fix. Non-PMOers don't suffer from that feeling. The worst thing we ever suffer from is fear, the greatest gain being rid of that fear. It's caused by your first PMO session, further strengthened and caused by each subsequent one.

Some PMOers are 'happy', blinded by their cunning little monsters, are going through this same nightmare, putting up phony arguments to try and justify their stupidity.

It's so nice to be free!

Chapter 10

Saving Time

Usually when PMOers try to stop the main reasons given are health, religion and partner stigma. Part of the brainwashing of this awful drug is the sheer slavery of it, man has fought hard to abolish slavery in many parts of the world and yet the PMOer spends his life suffering self-imposed slavery. Oblivious to the fact that when they're allowed to PMO they wish they were a non-PMOer. The only time that PMO becomes precious is when we 'retrying' to cut down or abstain, or when abstinence is forced on us.

I cannot repeat often enough that it's brainwashing that makes it difficult to stop PMOing, the more we dispel before we start, the easier you will find it to achieve your goal. Confirmed PMOers, who don't believe that PMOing has any negative effect on their health (PIED, hypofrontality, ect) and aren't having a mental tug of war, are typically younger or single with an occasional sex parter. Thus, the internal feedback is lost due to the nature of their youth or is too infrequent to be observed and registered.

A better argument for a younger PMOer is the time spent, rather saying *"I can't believe you are not worried about the time you are spending."* Generally their eyes light up, feeling disadvantaged if attacked on health grounds or social stigma, but on time...

"Oh, I can afford it. It is only x hours per week and I think it's worth it, it's my only vice of pleasure."

"I still can't believe you're not worried, say at a half an hour day on average including the physical drain of dopamine withdrawals, you're spending approximately a full working day every fortnight. I'm sure you would agree that half an hour a day is a very conservative estimate. Have you thought about how much time you'll spend in your lifetime? What are you doing in that time? Developing real relationships? No, your favorite porn doesn't have sympathy for you just because you spent so much time on their videos - you're throwing time away! Not only that, you're actually using that time to ruin your physical health, destroying your nerves and confidence, to suffer a lifetime of slavery, pain, melancholy and peevishness. Surely that must worry you?"

It's apparent at this point, especially with younger PMOers, that they've never considered it a lifetime addiction. Occasionally, they work out the time they waste in a week and that is alarming enough. Very occasionally, only when they think of stopping, they'll estimate what they spend in a year which is frightening, but over a lifetime is unthinkable. However, because we're in an argument the confirmed PMOer will impulsively say, *"I can afford it, it is only so much a week"*, pulling an encyclopedia salesman routine on themselves.

Would you refuse a job offer which pays your current annual salary and also gives you a month off every year? Any PMOer would sign in a heartbeat and would get busy finding holiday deals to exotic locations. Figuring out how to spend a full month with no work would be the biggest problem to solve. In every discussion with a confirmed PMOer (and please bear in mind I'm not talking to someone like yourself who plans to stop) nobody has ever taken me up on that offer. Why not?

Often at this point, a confirmed PMOer will say, *"Look, I'm really not worried about the money aspect."* If you're thinking along those lines, ask yourself why you aren't worried. Why in other aspects of your life you'll go to a great deal of trouble to save a few dollars here and there, but spend thousands killing your happiness and hang the expense?

Every other decision you make in your life will be the result of an analytical process of weighing up the advantages and disadvantages, arriving at a rational decision. It may be the wrong decision, but it will

be the result of rational deduction. Whenever any PMOer weighs up the pros and cons of using internet porn, the answer is a dozen times over, **STOP PMOing! YOU ARE A MUG!** Therefore, all PMOers are using not because they want or decide to, but because they can't stop. They have to and so brainwash themselves, keeping their heads in the sand.

Confirmed PMOers should keep in mind that the situation will only get worse with more studies coming out and people talking about the ill effects of internet porn. Today, it's non-medical people discussing the effects, tomorrow it'll be on your doctors list of diagnostic tests. Gone are the days where the PMOer can hide 'downtime' behind work stress in their sex life, your partner is going to ask why you're on your laptop late at night. The poor PMOer, already feeling wretched, now wants the ground to open up and swallow them.

The strange thing is that many people would pay good money for gym memberships and personal trainers to build muscles and look sculpted, many in their imaginary (and real) desperation, turn to treatments such as boosting testosterone with dubious and dangerous side effects. Yet there are many people in this group who would benefit from stopping a practice that systematically destroys their brain's natural relaxation systems.

This is because they're still thinking with the brainwashed mind of the PMOer, take the sand out of your eyes for a moment. Internet porn is a chain reaction and a chain for life, if you don't break that chain, you'll remain a user for the rest of your life. Estimate how much time you think you'll spend on PMOing for the remainder of your existence, obviously the amount will vary from person to person, but let's assume that it's a year and a half of work hours. Imagine if there was a cheque from the lottery for a year and a half of your salary lying on your carpet tomorrow? You'd be dancing with delight, so start dancing! You're about to start receiving those benefits!

If you think this is a tricky way of seeing it, you're still kidding yourself. Work out how much time you would have saved if you had never taken your first peek right at the very start.

Shortly, you'll be making the decision to use your final session (not yet, please remember the instructions!), remaining a non-PMOer by not falling for the trap again. All you have to do to remain a non-PMOer is to not PMO and avoid having 'just one peek'. Remember, if you do, it will cost you whatever you estimated your salary gain being.

If you are mentoring someone for their PMO addiction, tell them that they know someone who has refused a job offer that pays their current annual salary and also gives them a full month's worth of paid time off. When asked who that idiot is, tell them, "You!" It's rude, but sometimes you need to get the point across in a less than polite way.

Chapter 11

Health

This is the area where the brainwashing is the greatest, PMOers, especially the young and single, think they're aware of the health risks, they aren't. Many kid themselves by saying they're prepared to accept the consequences. If your internet router had a function that played an alarm tone with a warning when you hit a porn site saying - *"Up until now you've gotten away with it, but if you stay another minute your head will explode."* Would you have PMOed? If you're in doubt about the answer, try walking up to a cliff, standing on the edge with your eyes closed and imagining having the choice of either quitting PMO or walking up blindfolded.

There's no doubt what your choice would be, by burying your head in the sand, hoping that you'll wake up one morning and not want to PMO anymore you accomplish nothing. PMOers cannot allow themselves to think of the health risks, if they do, the illusion of enjoying the addiction goes. This explains why shock treatments are so ineffective in the first stages of quitting, it's only non-users who can bring themselves to read about the destructive brain changes.

Take this common conversation with PMOers, generally the younger ones.

Me: Why do you want to stop?

PMOer: I read it in a pick-up artists blog that it's good to stop for four days to amp myself up

Me: Aren't you worried about the health risks?

PMOer: No, I could step under a bus tomorrow.

Me: But would you deliberately step under a bus?

PMOer: Of course not.

Me: Do you not bother to look left and right when you cross the road?

PMOer: Of course I do.

Exactly, going through a lot of trouble not to step under a bus and the odds are thousands to one against it happening. Yet the PMOer risks the near certainty of being crippled by their addiction and appears to be completely oblivious to the risks. Such is the power of the brainwashing. Internet porn is the wolf in sheep's clothing. Isn't it strange that if we felt there was the slightest fault in an airplane, we wouldn't go up in it, even though the risks are millions to one. Yet, we take more than a one-in-four certainty with porn and are apparently oblivious to it. What does the PMOer get out of it? **Absolutely nothing!**

Another common myth is depression or peevishness. Many younger people aren't worried about their health because they don't suffer any of the depression or melancholy, the depression or stress isn't the disease, it's a symptom. Younger people in general don't feel the irritability or depression created due to their bodies natural ability to produce more dopamine. As they age or lives encounter serious setbacks, the already depleted resources are overworked and they'll experience full blown symptoms. When older PMOers feel stressed, depressed or irritated, it's because nature's fail safe mechanisms are protecting the nervous system from excessive dopamine flooding by trimming receptors. The PMOer also develops other neural changes that will keep them in the rut.

Think of it this way, if you had a nice car and allowed it to rust without doing anything about it, that would be pretty stupid, as soon it would become an undrivable heap of rust, incapable of taking you anywhere. However, it wouldn't be the end of the world, as it's only a question of money. But your body is the vehicle that carries you through life. We all say our health is our greatest asset, ask any sick millionaire.

Most of us can look back at an illness or accident in our lives where we prayed to get better. By being a PMOer, you're not only letting the rust get in and doing nothing about it, you're systematically destroying the one vehicle you use to go through your entire life.

Wise up. You don't have to do this, remember, it's doing *absolutely nothing for you*. Just for a moment, take your head out of the sand and ask yourself that if you knew for certain that your next session would start a process that would make you utterly unresponsive to someone you deeply love, would you continue PMOing? Speaking to the people this happens to, they didn't expect it would happen to them either and the worst thing isn't the disease itself, but the knowledge they have brought it on themselves. Try to imagine how people who have 'hit the button' feel, for them the brainwashing is ended. They spend the remainder of their lives thinking, *"Why did I kid myself for so long that I needed to masturbate to internet porn? If only I had the chance to go back!"*

Stop kidding yourself, you have the chance. It's a chain reaction, if you engage in the next PMO session, it will lead you to the next one and the next. It's already happening to you. EASYPEASY promises no shock treatment, so if you have already decided that you are going to stop, the following won't be shocking for you. If you haven't, skip the remainder of this chapter and come back to it once you have read the rest of the book.

Volumes upon volumes of research have already been written about the damage that internet porn causes to our sex lives and mental well-being. The trouble is that until the PMOer decides to stop they don't want to know. Forums and mentor groups are a waste of time because the PMO puts the blinders on. If inadvertently read, the first thing they do is to open their favorite tube site. PMOers tend to think of the happiness, stress and sex hazards as a hit-and-miss affair, like stepping on a land mine.

Get it into your head, it's already happening. *Every single time* you open your porn site you're triggering dopamine flooding and opioids get to work. The neural water slides are greased and the ride takes you smoothly through the next steps, already given in to the script. The nervous system is now flooded by dopamine and since it's the umpteenth time, dopamine receptors close up, the little monster using this slight dip in pleasure compared to the last time to drive you further over the red line to more shocking porn or behaviour to release more dopamine. More novelty, more dopamine, the little monster telling you to keep going. So many pictures and videos in a single session triggers a supernormal stimulus, injecting more chemicals into the brain and driving you to continue.

The entire time your receptors are receiving information to shut down in response to the flooding. Orgasm only increases this effect, leading to withdrawal. You're in denial since the little monster craves for its fix with no real pain and discomfort. The threat of having erectile dysfunction terrifies many, which is why they block it from their mind, overshadowed by the fear of stopping. It's not that the fear is greater, but quitting today is immediate. Why look on the black side? Perhaps it won't happen, bound to have quit by then anyway.

We tend to think of PMOing as a tug-of-war, on one side is fear: *"It's unhealthy, filthy and enslaving."* On the other side, the positives: *"It's my pleasure, my friend, my crutch."* It never seems to occur to us this side is also fear, it's not that we enjoy them, it's that we tend to be miserable without them. Heroin addicts deprived of heroin go through misery, but picture the utter joy when they're finally allowed to plunge a needle into their vein and end that terrible craving. Try to imagine how anyone could actually believe they get pleasure from sticking a hypodermic syringe into a vein. Non-heroin addicts don't suffer that panic feeling, heroin doesn't relieve the feeling, it causes it.

Non-PMOers don't feel miserable if they aren't allowed to PMO, it's only PMOers who suffer that feeling. Internet porn doesn't relieve the feeling, it causes it. The fear of the negative consequences don't help PMOers quit, likening the feeling to walking through a minefield. If you get away with it, fine, but if you were unlucky you stepped on a mine. If you knew the risks and were prepared to take them, what did it have to do with anyone else? Addicts in this state typically develop the following evasive tactics.

"You will eventually get old and lose your sexual prowess anyway..." Of course you do, but sexual prowess isn't the point, we're talking slavery here. Even if that is the case, is that a logical reason for deliberately cutting yourself short?"

"Quality of life is more important than just living." Precisely! Are you suggesting that the quality of life of

an addict is greater than someone who isn't addicted? Do you really believe the quality of a PMOers life is better than a non-PMOer's? A life spent covering his head in the sand and being miserable doesn't sound like a pleasant one.

"I'm single and not planning to settle down in the future, so why not?" Even if that were true, is that a logical reason for playing with the impulse control parts of your brain? Can you possibly conceive of anyone being stupid enough to strip naked whenever they are alone, regardless how sure you are that you aren't expecting anyone? **That's what PMOers effectively do!**

The progressive gunging-up of our reward circuits with excessive stimulation, making them incapable of handling the normal stresses of life does not help in enjoying your life with enough enthusiasm and vigour. Porn and masturbation has replaced the natural sexual appetite, like a chocolate bar replacing real food. Unsurprisingly, many doctors and psychologists are now relating various mental health problems in addition to the physiological ones. The mainstream medical community has laboured that PMO has never been scientifically proven to be the direct cause of the issues reported by self-confessing individuals. Admitting one's sexual inability in public is such a shame triggering event, why would anyone do this unless they were really concerned, finding the cause and eliminating it from their own lives?

EASYPEASY will help you rid yourself of it and become a happy ex-PMOer. No porn, porn aided masturbation or unnecessary orgasms. The only aid will be the touch, smell and scent of your partner. Like wholegrain bread after a well developed appetite, you'll no longer want the high-fructose corn syrup of internet porn. The evidence is so overwhelming as to not need proof, when I bang my thumb with a hammer it hurts, it need not be proven. The stress of internet porn has flow on effects into other aspects of the PMOers life, predisposing many to turn to drugs such as cigarettes and alcohol to cope, even turning the host to consider suicide.

PMOers also suffer the illusion that the ill-effects of internet porn and PMO are overstated. The reverse is the case, there's no doubt that internet porn is the major cause of PIED and many other problems. How many divorces have been caused by PMO? There are no reliable ways to know, but a search of online communities suggests the number is growing.

There's an episode of *Friends* where the guys, who were receiving continuous free porn on TV, started to wonder why the pizza delivery girl didn't ask to check out their 'big bedroom'. When you're addicted, you invariably project porn fantasies on real women. Imagine what careless or even accidental porn exposure on the darker sides of the internet might do to someone who is already at a tipping point in their life? Fighting against these porn induced thoughts is going to be a major drain on their mental health.

Here is another thought experiment, let's say someone comes to you and says they don't necessarily want an orgasm but very much wants to make love, even penetrative. They want to do it for as long and as far as you can go without an orgasm, but if it happens then it's fine. I assure you of a phenomenal new sexual experience, far better than any other, if you even get that offer. Try it.

The effects of the brainwashing make us tend to think like the man who, having fallen off a 100 storey building, is quoted as he whizzes past the fiftieth floor, *"So far, so good!"* We think that as we've gotten away with it so far, one more PMO session won't make the difference. Try to say it another way, the 'habit' is a continuous chain for life, each session creating the need for the next. When you start the habit, you light a fuse. The trouble is, *you don't know how long the fuse is*. Every time that you give in to a PMO session you are one step closer to the bomb exploding, **HOW WILL YOU KNOW IF IT'S THE NEXT ONE?**

Chapter 12

Energy

Most PMOers are aware of the effects that the progressive process of PMO, leading to novelty and escalation seeking, has on their brain's reward and sexual system. However, they aren't aware of the effect it has on their energy level.

One of the subtleties of the PMO trap are the effects that it has upon us, both physical and mental, happen so gradually and imperceptibly that we aren't aware of them and regard them as normal. The effect is similar to that of bad eating habits, we look at people who are grossly overweight and wonder how they could have possibly allowed themselves to reach that state. But suppose that it happened overnight, you went to bed trim, rippling with muscles and not an ounce of fat on your body, awaking to find yourself fat, bloated and pot-bellied. Instead of waking up feeling fully rested and full of energy, you wake up feeling miserable, lethargic and barely able to open your eyes.

You'd be panic stricken, wondering what awful disease you had contracted overnight, yet the disease is exactly the same. The fact that it took you twenty years to arrive there is irrelevant. PMOing is the same, if it was possible to immediately transfer your mind and body to give you a direct comparison on how you would feel having stopped PMO for just three weeks, it would be all that would be need to be done to convince you. you'd ask if you would really feel this good, or what it really amounts to, *"Had I really sunk that low?"* You wouldn't just feel healthier with more energy, but sprouting far more confidence and a heightened ability to concentrate.

The lack of energy, tiredness and everything related to it is nicely swept under the rug of 'getting older'. Friends and colleagues, also living sedentary lifestyles further compound the normalisation of this behaviour. The belief that energy is the exclusive prerogative of children and teenagers and that old age begins in your twenties is another symptom of the brainwashing. Being unaware of eating habits and not paying attention to your eating habits is as a result of the compounding effects of dopamine desensitisation.

Shortly after stopping PMO, the foggy and muggy feeling will leave you. The point is, with PMO you're always debiting your energy and in that process, tampering with the neurological chemistry of your reward circuit. Unlike quitting smoking, where the return of your physical and mental health is only gradual, quitting PMO gives you excellent results from day one. Killing the 'little monster' and closing the water slides takes a little bit of time, but recovering your reward centre is nothing like as slow as the slide into the pit. If you're are going through the trauma of the willpower method, any health or energy gains will be obliterated by the depression you will be going through. Unfortunately, it's not possible for EASYPEASY to immediately transfer you into your mind in three weeks time, but you can! You know instinctively that what you're being told is correct, all you need to do is **use your imagination!**

12.1 Sinister Black Shadows

PMOers find it very difficult to believe that masturbation to internet porn actually causes those insecure feelings when you're out late at night after a contentious day at home or work. Non-PMOers do not suffer from that feeling, it's the porn that causes it.

Another of the great joys of quitting porn is the freedom from the sinister black shadows at the back

of our minds. All PMOers know they are fools to close their minds on the ill-effects of PMO. For most of our lives PMO is automatic, but the black shadows are always lurking in our subconscious minds, just below the surface. Several of the marvellous benefits of quitting are conscious, such as the waste of time and the sheer stupidity of making love to a two-dimensional image.

The last chapters have dealt with the considerable advantages of being a non-PMOer, but in the interests of fairness it's necessary to give a balanced account. Therefore, the next page lists the advantages of being a PMOer.

12.2 Advantages of Being a PMOer

Chapter 13

The Willpower Method

It's an accepted fact in society that it's very difficult to stop PMO. Books and forums advising you how to do so usually start off by telling you how difficult it is. The truth is that it's ridiculously easy. It's understandable to question that statement, but first just consider it. If your aim is to run a mile in four minutes, that's difficult, having to undergo years of hard training and even then you may be physically incapable of doing it.

However, all you have to do to stop PMOing is to not watch porn and/or masturbate anymore. Nobody forces you to masturbate (apart from yourself) and unlike food or water, you don't need it to survive. So if you want to stop doing it, why should it be difficult? In fact, it isn't. It's PMOers who make it difficult for themselves by using the willpower method, any method that forces the PMOer to feel like they are making some sort of sacrifice. Let's consider this method.

We don't decide to become PMOers, merely experimenting with porn magazines or websites and because they are awful (that's right, awful), bar our desired clip, we're convinced that we can stop whenever we want to. At first, we watch those first few clips when we want to and on special occasions. Before we realise it, we're not only visiting those sites regularly and masturbating when we want to, we're masturbating to them every day. PMO has become a part of our lives, ensuring that we require an internet connection wherever we go. We then believe we're entitled to love, sex, orgasms and the stress relieving properties of porn. It doesn't seem to occur to us that the same clip and actors don't provide us with the same degree of arousal, fighting against the red line to avoid 'bad porn'. In fact, masturbation and internet porn neither improves our sex lives or reduce stress, merely that PMOers believe they can't enjoy life or handle stress without an orgasm.

It usually takes a long time to realise that we're hooked because we suffer from the illusion that PMOers use porn because they enjoy it, not because they need to have porn. When we're not enjoying porn, which we can never do unless novelty, shock or escalation is added, we're under the illusion that we can stop whenever we want to. This is a confidence trap, *"I don't enjoy porn, so I can stop when I want to"*. Only that you never seem to 'want' to stop.

It's usually not until we actually try to stop that we realise a problem exists, the first attempts are more often than not in the early days, triggered by meeting a partner and noticing that they aren't 'quite enough' after the initial dates. Another common reason being noticing health effects present in daily life.

Whatever the reason, the PMOer always waits for a stressful situation, whether health or sex. As soon as they stop, the little monster begins to get hungry. The PMOer then wants something to pump their dopamine, cigarettes, alcohol or their favorite, internet porn, with favourites just a click away. The porn cache is no longer in the basement, it's virtual and accessible from anywhere. If their partner is around or they're is with friends, they can't have access to their virtual harem, making them even more distressed.

If the PMOer has come across scientific material or online communities, they will be having a tug-of-war in their mind, resisting temptations and feeling deprived. The way to usually relieve stress is now not available, suffering a triple blow. The probable result after this period of torture is a compromise - *"I'll cut down"* or *"I've picked the wrong time"* or perhaps, *"I'll wait until the stress has gone from my life."* However, once the stress has gone there's no reason to stop and the PMOer doesn't decide to again until the next stressful time.

Of course, there's never a right time because life for most people becomes more stressful. We leave the protection of our parents, entering the world of setting up home, taking on mortgages, having children and more responsible jobs. Regardless, the PMOer's life cannot become less stressful because the porn actually causes stress. The quicker the PMOer passes on to the escalation stage, the more distressed they become and the greater the illusion of his dependency grows.

In fact, it's an illusion that life becomes more stressful and the porn, or a similar crutch, creates that illusion. This will be discussed in greater detail later, but after these initial failures the PMOer usually relies on the possibility that one day they'll wake up and just not want to masturbate, use porn, ect. This hope is usually kindled by the stories heard from other ex-PMOers, *"I wasn't serious until I had a fading penetration, then I didn't want to use porn anymore and stopped masturbating."*

Don't kid yourself, probe these rumours and you will discover they are never quite as simple as they appear. Usually the user has already been preparing to stop and merely used the incident as a springboard. More often in the case of people who stop "just like that", they have suffered a shock. Perhaps a discovery by their partner, a self spotting incident of accessing porn that not of their normal sexual orientation or they have had a scare themselves. *"That's just the sort of guy I am."* Stop kidding yourself. It won't happen unless you make it happen.

Let's consider in greater detail why the willpower method is so difficult, for most of our lives we adopt the head-in-the-sand, *"I'll stop tomorrow"* approach. At odd times, something will trigger off an attempt to stop. It may be concerns about health, virility or a bout of self-analysis, realising we don't actually enjoy it. Whatever the reason, starting to weigh up the pros and cons of PMO. Sex is split into amative and propagative, this is one of the major keys in opening our mind, without this important distinction, there'll be confusion, leading to failure. On rational assessment we find out what we've known our entire lives, the conclusion is a thousand times over *"STOP PMOing!"*

If you were to sit down and give points to the advantages of stopping and compare them to the advantages of PMOing, the total point count for stopping would far outweigh the disadvantages. If you employ Pascal's Wager, by quitting you're losing almost nothing with high chances of gains and higher chances of *not* losing. Although the PMOer knows that they'll be better off as a non-PMOer, the belief of making a sacrifice trips them up. Although it's an illusion, it's powerful. They don't know why, but the PMOer has the belief that during the good and bad times of life, the PMO sessions appear to help. Even before they start their attempt, societal brainwashing reinforced by the brainwashing from the own addiction is added to the even more powerful brainwashing of how difficult it is to 'give up'.

Hearing stories of PMOers who have stopped for many months and still desperately crave and stories of disgruntled quitters, having stopped and spending the rest of their lives bemoaning the fact they'd love to PMO. Stories of PMOers stopping for many months or years and living happy lives only to have one 'peek' at PMO and are suddenly hooked again. They probably know several PMOers in the advanced stages of the disease, visibly destroying themselves and clearly not enjoying life, yet continue to PMO. Additionally, they've probably suffered one or more of those experiences themselves.

So instead of starting with the feeling, *"Great! Have you heard the news? I don't need to PMO any more!"*, starts instead with a feeling of doom and gloom, as if they were trying to climb Everest and feeling like once the little monster has it's hooks in to you, you're hooked for life. Many PMOers start the attempt by apologising to their girlfriends or wives, *"Look, I'm trying to give up PMO. I'll probably be irritable for the next couple of weeks, try to bear with me."* Most attempts doomed before they start.

Assume that the PMOer survives a few days without a PMO session, they are getting back their arousal and are starting to recover. They haven't opened their favorite tube sites and is consequently getting turned on by normal stimuli they would have zoned out at before. The reasons they decided to stop in the first place are rapidly disappearing from their thoughts, like seeing a bad road accident whilst driving. Slowing you down for a while, but stomping your foot on the throttle the next time you're late for an appointment.

On the other side of the war is the little monster, who still hasn't had it's fix. There's no physical pain, if you had the same feeling because of cold, you wouldn't stop working or get depressed, you'd laugh it off. All the PMOer knows is that they want to visit their harem. The reason why this is quite so important is unknown, so the little monster then starts off the big brainwashing monster, causing the same person who was a few hours or days earlier listing all of the reasons to stop, is now desperately searching for any

excuse to start again. They begin saying things like:

- Life is too short, a bomb could go off, I could step under a bus tomorrow. I have left it too late. They tell you everything gives you an addiction nowadays.
- "I've picked the wrong time."
- "I should have waited until after Christmas, after my holidays/tests, after this stressful event in my life."
- "I can't concentrate, I'm getting irritable and bad tempered, I can't even do my job properly."
- "My family and friends won't love me. Let's face it, for everybody's sake I have to start again. I'm a confirmed sex addict and there's no way I will ever be happy again without an orgasm."
- "Nobody can survive without sex. (brainwashed by well meaning people who do not think about the amative and propagative distinction of sex)"
- "I knew this would happen, my brain is 'sensitised' by DeltaFosB due to changes affected by dopamine surges because of my past excessive porn use. Sensitisation can 'never' be removed from the brain."

At this stage, the PMOer usually gives in. Firing up the browser, the schizophrenia increasing. On one hand there's the tremendous relief of ending the craving as the little monster finally gets it's fix; on the other hand, the orgasm is awful and the PMOer cannot understand why they're doing it. This is why the PMOer thinks they lack willpower. It's not in fact lack of willpower, all they've done is to change their mind and make a perfectly rational decision in light of the latest information.

"What's the point of being healthy if you're miserable? What's the point of being rich if you're miserable?"

Absolutely none! Far better to have a shorter enjoyable life than a lengthy enjoyable one. Fortunately, this is untrue for the non-PMOer, as life is infinitely more enjoyable. The misery that the PMOer is suffering isn't due to withdrawal pangs, true, they trigger them off, but the actual agony is the tug-of-war in the mind, caused by doubt and uncertainty. Because the PMOer starts by feeling they're making a sacrifice, they begin to feel deprived, a form of stress.

One of these stressful times is when the brain tells them to 'have a peek', therefore as soon as they stop, they want to backtrack. But because they've stopped, they can't, making them more depressed and setting the trigger off again. Another thing that makes it so difficult to quit is waiting for something to happen. If your objective is to pass a driving test, as soon as you have passed the test it is certain you have achieved your objective. Under the willpower method you tell yourself *"If I can go long enough without internet porn, then the urge to PMO will eventually go."* You can see in practice in online forums where addicts talk about their streaks or days of abstinence.

As said above, the agony the PMOer undergoes is mental and caused by uncertainty. Although there's no physical pain, it still has a powerful effect. Miserable and feeling insecure, far from forgetting about PMO, their mind becomes obsessed with it. There can be days or even weeks of black depression, mind obsessed with doubts and fears.

- *"How long will the craving last?"*
- *"Will I ever be happy again?"*
- *"Will I ever want to get up in the morning?"*
- *"How will I ever cope with stress in future?"*

The PMOer is waiting for things to improve but while they're still moping, the 'harem' is becoming ever more precious. In fact, something is happening but the PMOer isn't conscious of it, if they can survive weeks without opening the browser, the craving for porn and orgasm (the little monster) disappears. However, as stated previously, the pangs of withdrawal from dopamine and opioids are so mild that the user isn't even aware of them. At this time, many PMOers sense they have 'kicked it' and so take a peek to prove it, sending them down the waterslide. Having supplied dopamine to the body, there's now a little voice at the back of their mind saying *"You want another one."* In fact, they'd kicked it, but have hooked themselves again.

As a child you watched Mickey Mouse on TV and as per neuroscience you formed DeltaFosB for the

cartoon. If you wanted to discourage a child from watching this program, you'd study if those pathways still existed and survey adults on why they don't like to watch their favorite childhood cartoons anymore. For one, there's better entertainment available and secondly, the cartoon just doesn't hold the magic anymore. With the willpower method, you're denying the child the cartoon, but with EASYPEASY you're also making sure they see no value in it. Which one is better?

The PMOer won't usually get into another session immediately, thinking *"I don't want to get hooked again!"* and allows a safe period of hours, days or even weeks. The ex-PMOer can then say, *"Well, I didn't get hooked, so I can safely have another session."* They've fallen back into the same trap as when they started and is already on the slippery slope.

PMOers who succeed using the willpower method tend to find it long and difficult, as the main problem is the brainwashing. Long after the physical addiction has died, the PMOer is still moping around miserable. Eventually, surviving this long term torture, it begins to dawn on them that they are not going to give in, stopping the moping and accepting that life goes on and is enjoyable without PMO. There are significantly more failures than successes, some who do succeed going through their lives in a vulnerable state, left with a certain amount of the brainwashing telling them that PMO does in fact give them a boost. This explains why many PMOers who have stopped for long periods end up starting again later on.

Many ex-PMOers will have the occasional session as a 'special treat' or to convince themselves how strong their self-control is. It does exactly that, but as soon as their session ends the dopamine starts to leave and a little voice at the back of their mind begins driving them towards another one. If they decide to partake in another one, it still seems to be under control, no shocks, escalation or novelty seeking and say - *"Marvellous! While I'm not really enjoying it, I won't get hooked. After Christmas / this holiday / this trauma, I will stop."* Little do they know that the 'water slides' of their brain have been greased even more.

Too late, they're already hooked. The trap they fell into in the first place has claimed it's victim again.

As said previously, enjoyment doesn't come into it. It never did! If we PMOed because we enjoyed it, nobody would stay on the tube sites for longer than it takes to finish the deed. Regardless, a better way to masturbate is from your memories. We assume we enjoy internet porn only because we cannot believe we would be stupid enough to get addicted if we didn't enjoy it. Most PMOers don't have any idea about supernormal stimuli, novelty or shock seeking and ever after reading them, don't believe their use is motivated by evolutionary reward circuit wiring. This is why so much of PMOing is subconscious, if you were aware of the brain changes and had to justify it costing you money in the future, even the illusion of enjoyment would go.

When we try to block our minds to the bad side, we feel stupid. If we had to face it, that would be intolerable! If you watch a PMOer in action, you will see that they are happy only when they are not aware they are PMOing. Once they become aware of it, tending to be uncomfortable and apologetic. We PMO to feed the little monster, once you have purged it from your body and the big monster from your brain, you will have neither need or desire to PMO.

Chapter 14

Beware of cutting down

Many PMOers resort to cutting down as a stepping-stone towards stopping or as an attempt to control the little monster. Many recommend cutting down or a 'porn diet' as a pick-me-up. Obviously, the less you PMO the better off you are, but as a stepping stone to stopping, cutting down is fatal. It's these attempts to cut down that keep us trapped for all our lives. Usually, cutting down follows failed attempts to stop. After a few hours or days of abstinence the PMOer says something like:

"I can't face the thought of going to sleep without visiting my online harem, so from now on I'll just PMO once in four days or purge my collection of 'bad porn'. If I can follow this porn diet, I can either hold it there or cut down even further."

Certain terrible things now happen:

1. They're stuck with the worst of all worlds, still addicted to internet porn and keeping the monster alive not only in their body, but in their mind.
2. Wishing their life away waiting for the next session.
3. Prior to cutting down, whenever they wanted to visit their harem they would fire up their browser and at least partially relieve their withdrawal pangs. Now in addition to the normal stresses of life, they are actually causing themselves to suffer the withdrawal pangs from porn for most of their life, in the process, making them even more miserable and bad tempered.
4. Whist indulging, they didn't enjoy most of the PMO sessions nor realising they were using a supernormal stimulus. It was automatic, the only harem visit that was enjoyed was after a period of abstinence.

Now that they wait an extra hour for each harem visit, they 'enjoy' each one. The longer they wait, the more enjoyable each PMO session appears to become, because the 'enjoyment' in a session isn't the session itself; it's the ending of the agitation caused by the craving, whether the slight physical craving or mental moping. The longer the suffering, the more 'enjoyable' each session becomes.

The main difficulty in stopping PMO isn't the neurochemical addiction, that's easy. PMOers will stop without difficulty on various occasions - the death of a loved one, family or work affairs, ect. They'll go say, ten days without access and it doesn't bother them. But if they went the same ten days when they could have had access to porn and they'd be tearing their hair out.

Many PMOers will get a chance during their work day and abstain, they will pass through Victoria's Secret, swimming pools and so on without undue inconvenience. Many will abstain if they have to sleep on the couch temporarily to make space for a visitor or are themselves visting. Even in Go-Go bars or nudist beaches there have been no riots. PMOers are almost pleased for someone to say they cannot PMO. In fact, PMOers who want to quit get a secret pleasure out of going for long periods without a harem visit, giving them hope that maybe one day they will never want it.

The real problem when stopping is the brainwashing, an illusion of entitlement that internet porn is some sort of prop or reward and life will never be the same without it. Far from turning you off internet porn, all that cutting down accomplishes is leaving you feeling insecure and miserable, convincing you that

the most precious thing on this earth is the new clip you missed, that there is no way you'll be happy again without seeing that one.

There is nothing more pathetic than the PMOer who is trying to cut down. Suffering from the delusion that the less they PMO, the less they will want to visit online harems. The reverse is true, the less they PMO, the longer they suffer the withdrawal pangs; the more they enjoy the PMO. However, the more they will notice that their favorite genre of star are not hitting the spot. But that won't stop them, if the tube sites were dedicated to only one star or genre no PMOers would ever go more than once.

Difficult to believe? Which is the worst moment of self control one feels? Waiting for four days and then having a climax. Which is the most precious moment for most PMOers on a four day porn diet? That's right, the same climax after waiting for four days! Do you really believe that you're masturbating to enjoy the orgasm, or the more rational explanation to relieve withdrawal pangs under the illusion that you're entitled to PMO?

It's essential that we remove all these illusions about PMO before you extinguish that final session. Unless you've removed the illusion that you enjoy it before you close the window, there's no way you can prove it afterwards without getting hooked again. As you hover over your bookmarks and saved pictures, ask yourself what's so glorious about this action. Perhaps you believe that only certain clips are of good taste, like ones on your habitual or favorite themes. If so, why do you bother to watch the other videos or themes? Because you got into the habit of it? Why would anyone get into the habit of messing up their brain and wasting themselves? Nothing is different after a month, so why should a porn clip be any different?

You can test this yourself, find that hot clip from last month to prove that it is different. Then, set a reminder and watch the same clip after a month of no PMO. It will hit (almost) the same spots as it did last month. The same clip will do a different thing after a social event where you are turned down or tested by a potential partner. The reason is that the addict can never be fully happy if the little monster remains unsatisfied.

Where does satisfaction come into it? It's just that they're miserable if they can't relieve their withdrawal symptoms. The difference between PMOing and not PMOing is the difference between being happy and miserable. That's why internet porn appears to be better. Whereas PMOers who get on their sites first thing in the morning for porn are miserable whether they're PMOing or not.

Cutting down not only doesn't work, but is the worst form of torture. It doesn't work because initially the PMOer hopes that by getting into the habit less and less, they'll reduce their desire to PMO. It's not a habit, it's addiction. The nature of any addiction is to want more and more, not less and less. Therefore, in order to cut down, the PMOer has to exercise willpower and discipline for the rest of their lives. So cutting down means willpower and discipline forever. Stopping is far easier and less painful, there are literally thousands of cases in which cutting down has failed.

The problem of stopping isn't the dopamine addiction, which is easy to cope with. It's the mistaken belief that porn gives you pleasure, brought about initially by the brainwashing received before we started using, further reinforced by the actual addiction. All cutting down does is reinforce the fallacy further, to the extent of porn dominating their lives completely and convincing them that the most precious thing on earth is their addiction.

The handful of cases that do succeed are been achieved by a relatively short period of cutting down, followed by going 'cold turkey'. These PMOers stopped in spite of cutting down, not because of it. All it did was prolong the agony, a failed attempt leaves the PMOer a nervous wreck, even more convinced they're hooked for life. This is usually enough to keep them reverting back to their online harem for pleasure and a crutch for another stretch before the next attempt.

However, cutting down does help to illustrate the futility of PMO, clearly illustrating that a visit to the harem is only enjoyable after a period of abstinence. You have to bang your head against a brick wall (suffer withdrawal pangs) to make it nice when you stop. Therefore, the choices are:

1. Cut down for life, suffering self-imposed torture, which you'll be unable to do anyway.
2. Increasingly torture yourself for life, what's the point?

3. Be nice to yourself, stop doing it.

The other aspect that cutting down demonstrates is that there's no such thing as the odd or occasional harem visit. Internet porn is a chain reaction that will last the rest of your life unless you make a positive effort to break it.

Remember: Cutting down will drag you down.

Chapter 15

Just One Peek

"Just one peek" is a myth that you must remove from your mind:

- It's just one peek that gets us started in the first place.
- It's just one peek to tide us over a difficult patch or on a special occasion that defeats most of our attempts to stop.
- It's just one peek that, when PMOers have succeeded in breaking the addiction, sends them back into the trap. Sometimes it's just to confirm that they do not need them anymore and one harem visit does just that.

The after effect of PMO will be horrible and convinces the PMOer they will never become hooked again, but they already are. The PMOer feels that something that's making them so miserable and guilty shouldn't have made them do it, yet they did.

It's the thought of 'one special PMO' session that often prevents users from stopping, the one after your long conference trip, hard day at work, fight with kids or incident where your partner rejects you for sex. Get it firmly in your mind that there's no such thing as 'just one peek'. It's a chain reaction that will last the rest of your life unless you break it. The myth about the odd, special occasion that keeps PMOers moping when they stop. Get into the habit of never seeing the 'no big deal' session, it's a fantasy. Whenever you think about porn or PMO, see a filthy lifetime of spending eons of time behind a screen for the privilege of destroying yourself mentally and physically, a lifetime of slavery and hopelessness. It isn't a crime if your erections are unreliable, but it is when you could be happier in the long term but choose to sacrifice that for short term 'pleasure'.

It's okay that we can't always come up with 'something to do' for the void, it isn't realistically possible to do that every time for our entire lives. We can plan for most of them, but sometimes it just happens. Good and bad times also happen, irrespective of PMO. But get it clearly into your mind, the PMO isn't it. You are stuck with either a lifetime of misery or none at all, you wouldn't dream of taking cyanide just because you liked the taste of almonds, so stop punishing yourself with the occasional 'no big deal' PMO. Ask a PMOer with issues, *"If you had the opportunity to go back to the time before you became hooked, would you have come a PMOer?"* The answer is inevitably, *"You've got to be joking!"* Yet every PMOer has that choice every day of their life, why don't they opt for it? The answer is fear. The fear that they can't stop or that life won't be the same without it.

Stop kidding yourself! You can do it, anybody can. It's ridiculously easy, in order to make it easy, there are certain fundamentals to get clear in your mind.

1. There is nothing to give up, only marvellous positive gains to achieve.
2. Never convince yourself of the odd "no big deal" or "just one peek" PMO. It doesn't exist. There is only a lifetime of filth and slavery.
3. There is nothing different about you, any addicted PMOer can find it easy to stop.

Many PMOers believe that they're confirmed addicts or have addictive personalities. This usually happens as a result of reading excessive amounts of shocking brain science. there's no such thing, nobody is

born with needs to masturbate to video clips before they became hooked on the drug. It's the drug that hooks you, not the nature of your character or personality. The nature of addictive supernormal stimuli makes you believe this is the case. However, it's essential that you remove this belief because if you believe you are addicted, you will be, even after the little monster in your body is long dead. It's essential to remove all of this brainwashing.

Chapter 16

Casual PMOers, Teenagers, Non-PMOers

Heavy PMOers tend to envy the casual porn user. We've all met these characters *"Oh, I can go all week without a PMO, it doesn't really bother me."* We wish we were like that. This might be hard to believe, but no PMOer enjoys being a PMOer. Never forget:

No PMOer ever decided to become a PMOer, casual or otherwise, therefore,
All PMOers feel stupid, therefore,
All PMOers have to lie to themselves and others in a vain attempt to justify their stupidity.

Golf fanatics brag about how often they played and want to play. Why do PMOers brag about how little they masturbate? If that's the true criterion, then surely the true accolade is to not masturbate at all?

If someone said to you, *"I can go all week without carrots and it doesn't bother me in the slightest"*, you'd think that you were talking to a nutcase. If I enjoyed carrots, why would I want to go all week without them? If I didn't enjoy them, why would I make such a statement? So when a user makes a comment about surviving a week without a PMO session, they're trying to convince themselves and you that they don't have a problem. But there would be no need to make a statement if they didn't have problem. Translated, this comment is *"I managed to survive a whole week without PMOing."* Like every PMOer, hoping that after this they could survive the rest of their lives. Only able to survive a week, can you imagine how precious the PMO session must have been afterwards, having felt deprived for an entire week?

This is why casual PMOers are effectively more hooked than heavy PMOers, not only is the illusion of pleasure greater but they have less incentive to quit because they spend less time and are therefore less vulnerable to the health risks. They may occasionally experience PIED, but are unsure what caused it, blaming it on other factors. Remember, the only pleasure PMOers get is in the search-and-see dopamine cycle and relieving the withdrawal pangs, as has already been explained. The pleasure is an illusion, imagine the little porn monster inside your body as a near imperceptible itch that we aren't aware of most of the time.

If you have a permanent itch, the natural tendency is to scratch it. As the brain's reward circuits become increasingly more immune to dopamine and opioids, the natural tendency is to edge, escalate, binge, novelty-see, shock-see, ect. There are four main factors that prevent PMOers from chain-PMOing.

Time. Most cannot afford to.

Health. In order to relieve the itch, we have to consume all free material that is available and then some. Capacity to cope with that kind of bingeing varies with each individual at different times and situations in their life. This acts as an automatic restraint.

Discipline. Imposed by society or the PMOers job, friends and relatives, or even the PMOer themselves as a result of the natural tug-of-war that goes on in every PMOers mind.

Imagination. Lack of imagination plays down the shock, novelty and other values of the clip on a subjective basis.

It's easy to think of 'non-casual' PMOing as weakness, unable to understand why others are able to limit their 'intake'. However, the heavy PMOer should keep in mind that most casual PMOers are simply incapable of chain-PMOing, needing a very strong imagination and stamina in order to accomplish it. Some of these

once-a-week PMOers that heavy PMOers tend to envy are physically unable to do more, or because their job, society or their own hatred of becoming hooked won't allow them to do more.

It may be advantageous to provide a few definitions.

The Non-PMOer Someone who has never fallen prey to the PMO trap but shouldn't be complacent. They're a non-PMOer only by luck or grace of goodness. All non-PMOers were convinced they would never become hooked, some non-PMOers keep trying an occasional session.

The Casual-PMOer There are two basic classifications of casual PMOers

1. The PMOer who has fallen for the trap but doesn't realise it, don't envy such PMOers. They are merely sampling the nectar at the mouth of the pitcher plant and in all probability will soon be heavy users. Remember, just as all alcoholics started off as casual drinkers, so too all PMOers started off as casual PMOers.
2. The PMOer who was previously a heavy PMOer and thinks they cannot stop. These PMOers are the saddest of all, they fall into various categories, each of which needs separate comment.

The Once-a-Day PMOer If they enjoy their entitlement to orgasm, why do they use internet porn only once a day? If they can take it or leave it, why bother to PMO at all? Remember, the 'habit' is in actuality banging your head against a wall to make it relaxing when you stop. The once-a-day PMOer is relieving their withdrawal pangs for less than an hour each day. Although they don't realise it, the rest of the day is spent banging their head against the wall, doing this for most of their lives. They're PMOing once a day because they cannot risk getting caught or messing with their brain health. It's easy to convince the heavy PMOer they don't enjoy it, but significantly harder to convince a casual PMOer. Anyone who has gone through an attempt to cut down will know it's the worst torture of all and almost guaranteed to keep you addicted for the rest of your life.

The Rejected PMOer The PMOer demands the right to their orgasm every day, but their sex partner is not always happy to fulfill their request. Initially, they use internet porn to fill this void, but once they take the exciting 'water slide' they're trapped in a cycle of novelty, shock, supernormal images, etc. They are in fact happy with their partners rejection, providing something of an excuse. If internet porn is giving so much to you, why bother to have a partner at all? Set them free instead. They're not even enjoying the PMO sessions when they have to 'carry' their partner in their mind. At some point, they're using their real life partner to hand them an excuse to go out into the valleys of the dark side of the internet.

The Porn Diet PMOer *Also known as, I can stop whenever I want to. I've done it thousands of times!*

If they think dieting helps with mood to pick up partners, why are they even on the diet of once in every four days? Nobody can predict the future, what if the happenstance of meeting occurred an hour after your scheduled PMO session? Also, if the occasional 'cleaning the plumbing' is good to relieve tension, why not plumb every day? It's been proven that masturbation isn't required to keep genitals healthy, internet porn isn't required at all. Even if that is the case, any pick-up-artist 'guru' who has read about the neurochemistry will ever recommend watching super-stimulus porn. The truth is, they're still hooked. Although they're rid of the physical addiction, still let with the main problem, the brainwashing. They're hoping each time they will stop for good, but soon fall for the same trap again.

Most PMOers actually envy these stoppers are starters, thinking about how 'lucky' the dieter is to be able to control their usage. However, what they overlook is that the dieter isn't controlling their usage, when they're PMOers, they wish they weren't. They go through the hassle of stopping, then begin to feel deprived and fall for the trap again, wishing they hadn't. They get the worst of both worlds. If you think about it, this is true in the lives of the PMOers, when allowed to PMO, taking it as entitled or wishing they didn't. It's only when they're deprived that PMO is precious. The 'forbidden fruit' syndrome is one of the awful dilemma of PMOers. They can never win because they're moping for a myth, an illusion. There is only a single way they can win, stopping moping by stopping PMO!

The "I Only PMO to Static/Tame/Home-Made Porn PMOer" Yes, we all do this to start with, but isn't it amazing how the average shock value of these clips seems to rapidly increase and before we know it we

seem to be feeling deprived (tolerance)? The novelty is lacking with static porn, so we pay the piper for a cup of grease and ride down the water slide towards resentment and guilt. The worst thing you can do is use your partners pictures (with approval, of course) for masturbation. Why? Because in the process you're re-wiring your brain for the seeking, searching and variety induced dopamine flushes. The porn water slides in your brain is the DeltaFosB building up, so you'll find yourself having difficulties when you're with them in real time.

Another trap in this category is 'amateur' and 'home-made' porn. Most are fakes and you know it, you're also not going to stop at the very first one that hits your eyes, continuing to seek and search. Remember, it's not only orgasm the brain seeks, but the novelty of the hunt that gives the water slide the thrill. The porn content isn't the issue, whether amateur or professional, it's the flushes of dopamine in the brain that causes the build up of tolerance and satiation. Porn destroys normal brain operation, masturbation confusing the muscle-brain response. Orgasm flooding the brain with opioids and making the pathway easier to follow next time.

The "I have stopped but have an occasional peek" PMOer In a way, peeking PMOers are the most pathetic of all. Either they go through their lives believing they're being deprived, or more often, the occasional peek becomes two. They remain on the slippery slope, sliding downwards, sooner or later back to being heavy PMOers. They have again fallen for the very trap they fell into in the first place.

There are two other categories of casual PMOers. The first is the type that masturbates to images or clips of the latest celebrity sex tapes that hit the news, or something they 'carried home' from their 'accidental' viewing at school or work. These people are really just non-PMOers, but feel that they're missing out. They want to be part of the action, most of us starting off this way. Next time, notice that after a while, the celebrity of your fantasy isn't doing it for you anymore. The more 'unattainable' the target of your fantasy is, the more frustrating the withdrawal of the orgasm is.

The second category has been gaining attention recently, best described by outlining a case shared online. A professional woman had been reading internet porn stories for many years and had never PMOed more or less than once each night. She was, incidentally, a very strong willed lady. Most PMOers would wonder why she wanted to stop in the first place, gladly pointing out that there wasn't any risk of PIED, or PE in her case (untrue). She wasn't even using static images, the stories being far tamer than any they use on a daily basis.

They make the mistake of assuming that casual PMOers are happier and more in control. They might be more in control, but are certainly not happy. In the woman's case, she wasn't satisfied with her partner, nor real sex and highly irritable responding to her daily stresses and strains. Her nearest-and-dearest was unable to figure out what was bothering her. Even if she convinced herself to be unafraid of her internet porn usage through rationalisation, she still finds herself unable to enjoy real relationships which invariably involve ups and downs. Her brain's reward centre is unable to make use of normal de-stressors present in life as she is flooding dopamine on a daily basis. Subsequent down regulation of her brain's receptors had rendered her melancholic under most circumstances. Like most, she had a great fear of porn's dark side and treatment of women - before her first time. Eventually falling victim to the societal brainwash and trying her first site, seeing the foul clips of violence staged as entertainment. Unlike most, who capitulate and become chain-PMOers, she resisted the slide.

All you ever enjoy in PMO is the ending of the craving that started before it, whether the almost imperceptible physical craving or the mental torture of not being allowed to scratch the itch. Internet porn itself is a poison, which is why you only suffer the illusion of enjoying it after a period of abstinence. Similar to hunger or thirst, the longer you suffer it, the greater the pleasure when you finally relieve it. Making the mistake of believing PMO is just a habit, they think: *"If I can keep it down to a certain level or only on special occasions, my brain and body will accept it. Then, I can keep my PMOing at that level or reduce it further should I wish to."* Get it clear in your mind, the 'habit' doesn't exist. PMOing is drug addiction, the natural tendency being to relieve withdrawal pangs, not to endure them. To hold it at the level you are currently at would require you to exercise tremendous amounts of discipline and willpower for the rest of your life, because as your brain's reward centre becomes immune to dopamine and opioids, it wants more and more, not less and less.

As PMO begins to gradually destroy your nervous system, your courage and confidence and impulse

controls, you become increasingly unable to resist reducing the interval between each session. This is why in the early days, we can take it or leave it. If we get a sign of something amiss mentally or physically, we just stop. Do not envy this woman, when you PMO only once every twenty-four hours it appears to be the most precious thing on earth, turning PMO into a 'forbidden fruit'. For many years this poor woman had been at the centre of a tug of war.

Unable to stop PMOing, yet frightened to escalate to streaming clips. For twenty-three hours and ten minutes of every one of those days she had to fight the temptation and having to fight her lack of feelings towards her boyfriend. It took tremendous willpower to do what she did, reducing her to tears in the end. Such cases are rare, but look at it logically: Either there is a genuine crutch or pleasure in PMOing or there isn't. If there is, who wants to wait an hour, a day, or a week? Why should you be denied the crutch or pleasure in the meantime? If there's no genuine crutch or pleasure, why bother paying a visit to your online harem?

Here is another case of a once-in-four-days man, describing his life as follows:

"I am forty years old, I suffered PIED with real women and even when I'd be PMOing. Most times I'm only rubbing it out. It's been a while since I had a full erection, before going on the once-in-four porn diet, I used to sleep soundly through the night after my PMO. Now I wake up every hour of the night and all I can think about is PMO. Even when I'm sleeping, I dream about my favorite clips. On days after my scheduled PMO I feel pretty down, the diet taking up all of my energy. My SO would leave me alone because I'm so bad-tempered and if she can't get out, she won't have me in the house. I go for a jog outside but my mind is obsessed with PMOing. On the scheduled day I begin planning earlier in the night, getting very irritated if something happens against my plans. I'd give up on conversation and give in (only to later regret) at work and home. I'm not an argumentative guy, but I don't want the topic or conversation to hold me down. I remember occasions when I'd pick silly fights with my SO. I then wait for ten o'clock, when it arrives my hands are shaking controllably. I don't start the deed right away, as there are new videos that have been added, I 'shop around'. As I click around, my mind tells me that since I've starved myself for four days I deserve a 'special' clip that has to worth the time spent searching. Eventually I settle for one or two, but want it to last so that I can 'survive' through the next four days, so I take more time to finish the deed."

In addition to his other troubles, this poor man has no idea that he is treating himself to a poison. Firstly, suffering 'forbidden fruit syndrome' and then forcing his brain to flush dopamine. Comparatively, his dopamine receptors aren't as cut down, but he is greasing the porn water slides, seeking, searching for edging, novelty, variety, shock and anxiety in order to survive the next four days. You probably picture this man as a pathetic imbecile, but this isn't so. A former athlete turned ex-sergeant in the Marines and didn't want to become addicted to anything. However, when he returned from war he trained as an IT technician in a veterans rehab program. When he entered the civil work-force, he was a well paid IT professional in a bank and was given a laptop to take his work home. It was the year where the famous socialites 'leaked' their porn videos online and there was much talk about it. Then he got hooked, spending the rest of his life paying through the nose, ruining him physically and mentally. If he was an animal, society would have put him out of his misery long ago, yet we still allow mentally and physically healthy young teenagers to become hooked. You may think the case and notes are exaggerated, but this case while extreme is far from unique. There are tens of thousands of similar stories. Can you be sure that many of his friends and acquaintances envied him for being a once-a-week man? If you think this couldn't happen to you, **stop kidding yourself.**

IT'S ALREADY HAPPENING.

PMOers like other addicts, are notorious liars, even to themselves. They have to be. Most casual PMOers indulge far more times and on far more occasions than they'll admit to. Many conversations with so called twice-a-week PMOers will admit they've done it more than three or four times that week. Read reddit, NoFap and rebooting forum stories from casual PMOers and find they're either counting days or waiting to fail. You don't need to envy casual PMOers, you don't need to envy casual PMOers. You don't need to PMO, life is infinitely sweeter without it. Take the following log:

"It started with a simple challenge to not touch my penis for a day and being unable. I don't think about masturbation anymore, it doesn't cross my mind. That is possible, I promise you. The riches that await those who are able - they're incredible."

Teenagers are generally more difficult to cure, not because they find it more difficult to stop, but because they don't believe they're hooked or are at the primary stage of the trap and suffer from the delusion they'll automatically have stopped before the second stage.

Parents of children who loathe internet porn shouldn't have a false sense of security. All children loathe the dark sides of porn before they become hooked. At one point, you did too. Do not be fooled by scare campaigns either, the trap is the same as it always was. Children know that internet porn is supernormal stimuli, but they also know that one 'visit' or 'peek' will not do it. At some stage they may be influenced by a partner, school friend or work colleague.

You may think that all they need is an education in brain plasticity and that PMO (even including masturbation) acts like a virus in their brain to convince them they could never become hooked. Society's failure to prevent adolescents from becoming addicted to internet porn and other drugs is perhaps the most disturbing of all of the many facets of addiction. I beg you not to become complacent in this matter, it's necessary to protect adolescents as their brain is more plastic at their age. A good resource is the *YourBrainOnPorn* book and educating yourself of the neuroscience. Even if you suspect that your teenager might already be hooked, the book will provide excellent guidance to assist in gaining understanding to help someone to escape.

Chapter 17

The YouTube PMOer

The YouTube PMOer should be grouped with casual PMOers, but the effects of a YouTube PMOer are so insidious that it merits a separate chapter. Leading to the breakdown of self-control, nearly causing a split for one NoFap forum user:

"I was three weeks into one of my failed attempts to stop, the attempt had been triggered by my wife's worry about my unreliable hard-ons and lack of interest. I had told her that it wasn't her, just job pressure. She said, 'I know you have handled the work pressure before, but how would you feel if you were me and had to watch someone you love systematically destroying themselves?' It was an argument I found irresistible, hence the attempt to stop. She knows I'm not cheating, but this in a way is as worse as that. The attempt ended after three weeks with a heated argument with an old friend. It didn't register until years after that my devious mind had deliberately triggered off the argument, I felt justifiably aggravated at the time but I don't believe it was coincidence as I had never argued with this particular friend before, nor have I since. It was clearly the little monster at work.

Regardless, I had my excuse. I desperately needed a release and it didn't matter how. My wife wasn't in the mood and I was in a feeling of 'entitlement', so I convinced myself that it would be okay if I 'restricted' myself by avoiding porn sites and stay this side of the 'red line' by only watching YouTube videos. But my wife ended up 'coming around' as the night unfolded and wanted to make love, however I was tired and without my 'horsepower' so invented a headache. I couldn't bear to think of the disappointment this would cause my wife. Then I gradually returned to the old ways, with YouTube becoming my new harem destination. I remember being quite pleased at the time, thinking that it was at least cutting my consumption down. Eventually, she accused me of continuing to ignore her in bed. I hadn't realised it, but she described the times I had caused an argument and stormed out of the house. At other times, I had taken two hours to purchase some minor item and faked a sprain or something. I had made feeble excuses to cop out of wooing her, when I have a reliable online harem it's even harder."

The worst thing about the YouTube PMOer is that it supports the fallacy in the PMOers mind that they're being deprived. At the same time, it causes a major loss of self-respect; an otherwise honest person may force themselves to deceive their loved one. It's probably happened or is still happening to you in some form.

In a similar vein is the Twitch PMOer, the rampant growth of streaming platforms has paved the way for pseudo-camgirl streamers that appeal to their viewers through interaction and sexuality. There's much controversy regarding these streamers throughout the community but for the viewer this content works in the exact same way. The PMOer believes that they're in the clear because they're on a 'safe site', even though they're engaging in similar responses. Instagram models are similar in this regard.

You might have watched the TV series Columbo, the theme of each episode is similar. The villain, usually a wealthy and respected businessman has committed what he is convinced is the perfected murder and his confidence in his crime remaining undetected receives a boost when he discovers that the rather shabby and unimpressive-looking Detective Columbo is in charge of the case.

Columbo has this frustrating practise of closing the door after finishing his interrogation, having assured the suspect that he is in the clear and just before the satisfied look his disappeared from the murderers face, Columbo reappears, saying *"Just one small point, sir, which I'm sure you can explain..."* The

suspect stammers and from that point on we know and he knows that Columbo will gradually wear him down. No matter how heinous the crime, from that point on the sympathies were with the murderer.

These bouts are similar, the tension of not being allowed to cross the red line to get the porn fix that they 'rightly deserved', then wondering where the pleasure was after finishing the deed. The fear of crossing the line and losing control, returning to the bed, only to be stalked by the fear that your partner wanted sex. As for 'safe' Youtube videos that no longer satisfy you due to desensitization, lack of novelty and the certain knowledge that sooner or later you will visit your favorite online harem. The final humiliation and shame being when that certainty become a fact, followed by the immediate return to chain-PMOing.

OH, THE JOYS OF BEING A PMOer!

Chapter 18

A Social Habit?

Health of mind and body are the main reasons why we should want to stop, but then, they always have been. We don't actually need scientific research and knowledge in neurochemistry to tell us that internet porn is addictive and can potentially shatter our lives. These bodies of ours are the most sophisticated objects on the planet and any PMOer knows instantly, from the first session, that the stimulus can go to excess and turn poisonous.

The only reason why we ever get involved with porn is the PMO cycle's overlap with our evolutionary brain programming. Internet porn is highly available, free and streaming twenty-four hours a day. Porn was once considered as harmless, but that was when the images were static and videos involved a trip to the local store for a VHS tape.

Today, it's generally considered even by PMOers themselves that porn is a supernormal stimulus and addiction forming. In the old days, the strong man didn't admit that he masturbated, jerk being a derogatory term. In every pub, club or bar the majority of men would be proudly wanting to take a woman home and have real sex. Today, the position is completely reversed for the internet porn addict, today's man realises that he's starting to feel that he doesn't need a woman. He bands together online, discussing experiences, devising strategies and explore options. Today's strong man doesn't want to depend on drugs. Through social revolution, all PMOers are giving serious thought to stopping internet porn and masturbation. Today's PMOers consider PMO as a useless and harmful activity.

The most significant trend noticed on forums is the increasing emphasis on the anti-social aspect of PMOing, the days when a man boasted of having sex and orgasms every day is slowly being replaced with realisation of the slavery to the porn monster.

The only reason why people continue to PMO after being educated is because they have failed to stop or are too frightened to try. There's a wide spectrum of interest in the subject, some turning to no porn, masturbation and orgasm - with or without partners. Practices that separate the amative and propagative parts of sex such as semen-retention and Karezza are discussed and adopted in droves. Many aforementioned failures are in reality fall-forwards, thus somewhat benefiting people practising them. Once you start in the no-PMO route you will find your best fit that applies to your life, it's encouraged to devise your own plan on orgasms after understanding and practising sexual separation. Whatever route you take, you will see value in limiting the number of times you flush your brain with chemicals through orgasm, never again seeing porn, sex and orgasms as a pleasure or crutch for your emotional self.

Various popular subreddits are founded by non-PMOers that are dedicated to quitting not only porn but also masturbation. These sites are ultimately beneficial to those escaping, but most of the notes point them to try with the willpower method. The consequence of obsession with streaks and other measures is self-pity and lack of elation. Much of the brainwashing is alive and well. Eventually, someone breaks down and a domino effect takes place, other PMOers finding out they aren't the only ones. However, their efforts aren't in vain, they're falling forward, albeit with a lot of self-torturing as they shut down their browsers but not the desire and need. EASYPEASY works in the reverse, shutting down the desire and the need first before shutting down the browser. Every day more and more PMOers leave the sinking ship, those left on it become terrified they'll be the last.

DON'T LET IT BE YOU!

Chapter 19

Timing

Apart from the obvious point that it's doing you no good and that now is the right time to stop, timing is important. Society treats internet porn flippantly as a slightly distasteful habit that doesn't injure your health. This is untrue. It's drug addiction, a disease and destroyer of relationships in society. The worst thing that happens in most PMOer's lives is getting hooked on this awful addiction. If they stay hooked, horrendous things happen. Timing is therefore important to give yourself the right to a proper cure.

Firstly, identify the times or occasions when PMO appears to be important to you. If you're a businessperson and use it for the illusion of stress relief, pick a relatively slack period or a holiday. If you PMO mainly during boring or relaxing periods, doing the opposite. Regardless, take the attempt seriously and make it the most important thing in your life.

Look ahead for a period of three weeks and try to anticipate any event that might lead to failure. Occasions like a conference trip, partner out of town, ect, need not deter you, providing you anticipate them in advance and don't feel that you'll be deprived. Don't attempt to cut down in the meantime as this will only create the illusion that being denied is enjoyable. In fact, it helps to force yourself to watch and have as many PMO sessions as possible. While you are having the last session and your last time, be mindful of the disappointment due to satiation, unfulfilled expectations, any bodily pain, withdrawal effects, peevishness and melancholy. Think of how marvellous it will be when you allow yourself to stop doing it.

WHATEVER YOU DO, DON'T FALL INTO THE TRAP OF JUST SAYING, "NOT NOW, LATER", AND PUTTING IT OUT OF YOUR MIND. WORK OUT YOUR TIMETABLE NOW AND LOOK FORWARD TO IT.

Remember, you aren't giving anything up. On the contrary, you are about to receive marvellous positive gains.

For years, the medical profession has viewed porn as harmless without knowing the difference between the tame static porn of yesteryear and the latest VR streaming porn. The problem is that although every PMOer uses internet porn purely to relieve the dopamine craving, it's not the addiction to the chemical that hooks the PMOer, but self-brainwashing that results from the addiction. An intelligent person will fall for a confidence trick, but only a fool would continue falling for it when they realise it's a trick. Fortunately, most PMOers aren't fools; they only think they are. Each individual PMOer has their own private brainwashing. That's why there appears to be such a diverse range of PMOer types, only serving to compound the mysteries.

While the benefit of the original book was to quit smoking, which dealt with nicotine addiction (one of the quickest and addictive drugs known to man) and the personal logs collected from Reddit, NoFap and YBOP blogs and forums, I was agreeably surprised to realise that the philosophy propounded in the original book was still sound. The accumulated knowledge and challenge that Allen Carr and myself undertook is how to communicate that knowledge to each individual user. The fact I know every PMOer can not only find it easy to stop, but can actually enjoy the process is not only pointless but exceedingly frustrating unless I can make the PMOer realise it. Allen Carr in his original book explains his controversial advice:

"Many people have said to me: 'You say, "Continue to smoke until you finish the book" This tends to

make the PMOer take ages to read the book or just not finish it. Period. Therefore, you should change the instruction.' This sounds logical, but I know if the instruction were: 'Stop immediately', some smokers wouldn't even start reading the book. I had a smoker consult me in the early days. He said, 'I really resent having to seek your help, I know I'm strong-willed. In every other area of my life I'm in control. Why is it that all these other smokers by using their own willpower, yet I have to come to you?' He continued, 'I think I could it on my own, if I could smoke while I was doing it.'"

This might sound like a contradiction but I know what the man meant. We think of stopping smoking as something that is very difficult to do. What do we need when we have something difficult to do? We need our little friend. So stopping smoking appears to be a double blow, not only do we have a difficult task we need to perform, which is hard enough, but the crutch we normally rely on such occasions is no longer available. But the real beauty of this method is that you don't need to give up while you go through the process of stopping. Getting rid of all your doubts and fears first so that when you finish the final cigarette you are already a non-PMOer and can enjoy being one.

So this hackbook on PMO will keep the same advice intact. No matter how much it's said that it will be easy, there will be a vast majority who will not be able to accept it due to their personal brainwashing on how difficult it is to quit.

The only question that has caused me to question the original advice seriously is this chapter on the matter of right timing. Above all, I advise that if your special occasions are stressful situations at the office then pick a holiday to make an attempt and vice versa. In fact, this isn't the easiest way, picking instead what you consider to be the most *difficult* time instead. Whether that be stress, social, concentration or boredom, once you've proved that you can cope with and enjoy life in the worst possible situation, every other situation becomes easy. But if that was the definite instruction, would you even make the attempt?

Here's an analogy, my wife and I intend to swim together. We arrive at the pool at the same time, but rarely end up swimming together. The reason being that she immerses one toe and half an hour later is actually swimming. That's slow torture, I know in advance that at some stage, no matter how cold the water is, I'll have to brave it at some point. So I've learned to do it the easy way: Diving straight in. Now, assuming I was in a position to insist that if she didn't dive straight in, she wouldn't swim at all. Do you see the problem?

From feedback, I know that many PMOers have used the original advice given on timing to delay what they think will be the 'evil day'. My next thoughts were to use the technique used for the section on the advantages of PMOing, something along the lines of: *"Timing is very important and in the next chapter you will be advised on the best time for you to make the attempt."* You turn the page and there's just a huge *"NOW!"* That is, in fact, the best advice, but would you take it? This is the most subtle aspect of the porn trap. When we have genuine stress in our lives, it's not the time to stop yet, but when we have no stress, we have no desire to stop. Ask yourself the following questions:

1. When you got onto porn for the first time, did you really decide then that you would continue to depend on it for the rest of your life without ever being able to stop? **Of course you didn't!**
2. Are you going to continue the rest of your life without ever being unable to stop? **Of course you aren't!**

So when will you stop? Tomorrow? Next year? The year after? Isn't that what you've been asking yourself since you first realised you were hooked? Are you hoping that one morning you will wake up and just not want to PMO anymore? Stop kidding yourself, with any addiction you get progressively more hooked, not less. You think it will be easier tomorrow? Are you going to wait until you've actually started to feel that getting out of bed is harder than just masturbating? That would be a bit pointless.

The real trap is the belief that now isn't the right time - it will always be easier tomorrow. We believe that we live stressful lives, but in fact, we don't. We've taken most genuine stress out of our lives. When you leave home you don't live in fear of being attacked by wild animals, most don't wonder where our next meal will come from or if we'll have a roof over our heads tonight. Think of the life of a wild animal, never time a rabbit comes out of its burrow, it's facing Vietnam for its entire life. But the rabbit can handle it, it's got adrenaline and other hormones and so have we. The truth is, the most stressful periods for any

creature are early childhood and adolescence. But three billion years of natural selection has equipped us to cope with stress, many people who have had hard childhoods grow up to lead normal lives.

It's a cliché to say, *"If you haven't got your health, you've got nothing"* but it's absolutely true. When you feel physically and mentally strong you can enjoy the highs and handle the lows. We confuse responsibility with stress, responsibility only becoming stressful when we don't feel strong enough to handle it. What destroys most isn't the stresses, jobs or old age, but the lying crutches they turn to which are just illusions.

Look at it this way, you've already decided that you are not going to stay in the trap for the rest of your life. Therefore at some point whether you find it easy or difficult, you'll have to go through the process of getting free. PMOing isn't a habit or pleasure, it's drug addiction and a disease. We've already established that far from being easier to stop tomorrow, it'll get progressively harder. With a disease that's going to get progressively worse, the time to get rid of it is **now** - or as near as you can manage. Just think of how quickly each week of our lives comes and goes, that's all it takes. Think of how nice it will be to enjoy the rest of your life without ever-increasing black shadows hanging over you. If you follow all the instructions, you won't even have to wait three weeks or five days. You'll not only find it easy after closing down your browser: **You'll enjoy it!**

Chapter 20

Will I miss the fun?

No! Once that little porn monster is dead, your body stops craving dopamine and the porn water slides in your brain start to fade due to lack of 'greasing', any remaining brainwashing will vanish, finding yourself both physically and mentally better equipped not only to cope with the stresses and strains of life, but to enjoy the good times to the full.

There's only one danger and that's the influence of those who still use sex as their crutch and pleasure. *'The other man's grass is always greener'* is commonplace in many aspects of our lives and is easily understandable. Why is it in the case of PMOing, where the disadvantages are so enormous as compared with the illusionary 'advantages', that the ex-PMOer tends to envy those who appear to demand sex and use porn for pleasure and as a crutch?

With all of brainwashing from childhood it's quite understandable that we fall into the trap. Why is it then, once we realise what a mug's game it is and many of us manage to kick the habit, we walk straight back into the same trap? It's the influence of society's brainwashing of porn being conflated with sex and presented as normal. The ex-PMOer has a pang! The insecure void feelings of them being single, which isn't a crime anyway, causes feelings of anxiety and drives them to ride the water slide. This is indeed a curious anomaly, particularly if you consider this observation - Not only is every non-PMOer in the world happy to be a non-PMOer, but every PMOer in the world, even with their warped, addicted, brainwashed mind suffering the delusion that they enjoy it or relaxes them, wishes they had never become hooked in the first place. So why do some ex-PMOers envy the PMOer on these occasions?

1. Just one peek. Remember, it doesn't exist. Stop seeing that isolated occasion and start looking at it from the point of view of the PMOer. You may be envying them, but they don't approve of themselves, envying you. If only you could somehow clinically watch another PMOer, they can be the most powerful boost of all to help you out of it. Notice out quickly they open many tabs and browser windows? Fast forwarding to the important bits, quickly getting bored of some clips and running through the gamut of genres producing novelty, shock, anxiety, ect. Notice particularly that the act of PMOing appears to be automatic. Remember, they aren't enjoying it, it's just they cannot enjoy themselves without it. The next morning, when they wake up with a weakened will, lost energy and bleary eyes, they'll have to continue choking themselves at the first appearance of stress and strain. They're facing a lifetime of filthy, poor mental health, stained confidence, a lifetime of destroying themselves and black shadows at the back of their mind. To achieve what purpose? The illusion that you're getting what you 'deserve' and damned pleasure?
2. The second reason is that some ex-PMOers have pangs is because the PMOer is doing something, such as self-pleasuring and the non-PMOer isn't, so tends to feel deprived. Get it clear in your mind, it's not the non-PMOer who is being deprived, but the poor PMOer who being deprived of:
 - Health
 - Energy
 - Money
 - Confidence

- Peace of Mind
- Courage
- Tranquillity
- Freedom
- Self-respect

Get out of the habit of envying PMOers and start seeing them as the miserable, pathetic creatures they really are. I know, I was once one of the worst. That's why you're reading this book and not the ones who can face up to it, continuing to kid themselves, who are the most pathetic of all.

You wouldn't envy a heroin addict, like all drug addition, yours won't get any better. Each year it will get exponentially worse, if you don't enjoy being a PMOer today, you'll enjoy it even less tomorrow. Don't envy other PMOers, pity them. Believe me: **They need your pity!**

Chapter 21

Can I Compartmentalise?

This is another myth about PMOing mainly spread by PMOers who, when attempting to stop on the Willpower Method, perform mental gymnastics and begin a Jekyll and Hyde routine: *"Porn is for my alter ego side and real life romance is for my relationship side."* Nothing is further from the truth, the porn water slides, the DeltaFosB and brain changes are going to overrun the real life romance, making it less desirable. Mr Hyde is definitely going to overrule Dr Jekyll's instructions.

If you use internet porn, you're training yourself for the role of voyeur or needing the option of clicking to something more arousing at the slightest drop in your dopamine levels. Or the continual search for just the right scene for maximum effect. Also, you might be masturbating in a hunched over position or watching your smartphone in bed on the nightly, eventually desiring those cues more than real life. Sex goes against nearly every aspect of the online harem, standing no chance when compared. The memories created when you're young are powerful and long lasting, so breaking down those pornographic water slides and rewiring or creating new ones takes longer.

Every time you take a ride on the 'porn water slide' you're greasing it, keeping the nerves fresh and ready to fire. When parking next to a fast food restaurant, the smell of the fries floats into your nostrils and the sale is already made. Likewise, the porn water slides in your brain are ready for you to get sucked in and are open twenty-four hours a day. Each of these cues or triggers can now light up your reward circuit with the promise of sex, only it isn't sex. Nevertheless, nerve cells solidify these associations with sexual arousal by sprouting new branches to strengthen the connections. The more you use porn, the stronger the nerve connections become, with the result being that you may ultimately *need* to be a voyeur, needing to click to new material, needing porn to get to sleep or needing to search for the perfect ending to get the job done.

As with any substance or behavioral drug, the body builds immunity and the drug ceases to relieve the withdrawal pangs completely. As soon as the PMOer closes a session, they want another one and quickly, the permanent hunger remaining unsatisfied. The natural inclination being to escalate to get the dopamine rush. However, most PMOers are prevented from doing this for one or both of the following reasons.

Money. They can't afford to subscribe to paid porn sites.

Health. There's only so much the body can take, either the dopamine surges or orgasms. Plus, orgasms actually trigger chemicals to cut down the dopamine flush. It has to, that's just the way the body works.

Once the little monster leaves your body the awful feeling of insecurity ends. Your confidence returning, together with a marvellous feeling of self-respect. Obtaining the assurance to take control of your life and using it as a springboard to tackle other problems. This is one of the many great advantages of breaking free from any addiction.

The compartmentalisation myth is due to one of the many tricks the little monster plays with your mind. These tricks make it harder to stop, due to the impossible satisfaction of the permanent hunger, causing many PMOers to turn to cigarettes, heavy drinking or even harder drugs to satisfy the void.

Humans are rating animals, both to ourselves and others. Watching porn with your partner is unsatisfying, both rating each others performance against the narrative. Do you want Brad Pitt in your bedroom,

even if he's on a poster? No one person can match a harem where each 'experience' is acted, scripted and directed by professions and immediately available twenty-four hours a day. subfiles]

Chapter 22

Avoid False Incentives

Many PMOers, whilst trying to stop using the willpower method attempt to increase their motivation by constructing false incentives. There are many examples of this, a typical one being to reward themselves with a gift after not PMOing for a month. This appears to be a logical and sensible approach but is in fact false, because any self-respecting PMOer would rather continue PMOing every day than reward themselves with a self given gift. This generates doubt in the PMOers mind, because not only will they have to abstain for thirty days, will they even enjoy the days without PMO? Their only pleasure or crutch is taken away! All this does is increase the size of the sacrifice that the PMOer feels they are making, making it even more precious in their mind.

Other examples include:

- I'll stop so that I will force myself to get a social life and more real sex
- I'll stop so that some magical energy will help me to leap above the competitors and get the partner I pursue
- I'll stop so that I can commit myself to not wasting my energy and enthusiasm with PMO, so that I can grow enough hunger in myself.

These are true, can be effective and you might end up getting what you want, but think on it for a second. If you do get what you wanted, once the novelty has gone you'll feel deprived, if you didn't then you'll feel miserable, either way sooner or later falling for the same trap again.

Another typical example are online or forum pacts, these have the advantage of eliminating temptation for certain periods. However, they generally fail for the following reasons:

1. The incentive is false, why would you want to stop just because other people are doing so? All this achieves is creating additional pressure, increasing the feeling of sacrifice. It's fine if all PMOers genuinely want to stop at one particular time, but you cannot force PMOers to stop, although all PMOers secretly want to. Until they're ready to do so, a pact just creates additional pressure, which increases their desire to PMO. This turns them into secret PMOers, which further increases the feeling of dependency.
2. Dependency on each other using the willpower method breeds a feeling of undergoing a period of penance, during which they wait for the urge to disappear. If they give in, there is a sense of failure. Under the willpower method one of the participants is bound to give up, providing the other participants with the excuse they have been waiting for. It's not their fault, they would have held out but 'Fred' let them down. The truth is that most of them have already been cheating.
3. Sharing the credit is the reverse of dependency, instead the loss of face due to failure is not so bad when shared. There's a marvellous sense of achievement in stopping PMO, when doing it alone, the acclaim you receive from your friends and online buddies can be a tremendous boost over the first few days. However, when everybody is doing it at the same time the credit has to be shared and the boost is consequently reduced.
4. Another classic example is the guru promise. Stopping will give you happiness as you are no longer

engaged in the tug of war, your brain starting to rewire and regain impulse controls. However, you must keep in mind that this will neither make you a sex god or win the lottery. Nobody, except you, cares in the slightest if you stop PMO. You aren't a weak person if you're doing PMO three times a day and have PIED, or a strong person if you're an addict and don't have PIED.

Stop kidding yourself. If the job offer of ten months work for twelve months salary a year, or the risks of cutting down your brain's ability to cope with day-to-day stress and strains, or putting yourself at odds with having a reliable erection, or the lifetime of mental and physical torture and slavery did not stop them, the above few phoney incentives will not make the slightest bit of difference, only succeeding to make the sacrifice appear worse. Instead, concentrate on the other side:

"What am I getting out of it? Why do I need to PMO?"

Keep looking at the other side of the tug of war and ask yourself what PMOing is doing for you. *ABSOLUTELY NOTHING*. Why do I need to do it? *YOU DON'T! YOU'RE ONLY PUNISHING YOURSELF*. It's Pascal's Wager, you have almost nothing to lose (fading arousal) for sure, chances of big profits (full and reliable arousal, mental well being and happiness) and no chance of losing big.

Why not then declare your quitting to friends and family? Well, it'll make you a proud ex-addict or ex-PMOer, not an elated and happy non-PMOer. It might scare you partner a bit since they may see this as an effort to have more sex, in a sort of new-age way. They may also fear you turning into a sex machine, it's hard to explain unless they are open minded.

Any attempt to get others to help you in quitting gives more power to the little monster. Pushing it from your mind and totally ignoring it has the effect of trying *not* to think of it. Be mindful instead, as soon as you spot the thoughts, cues (home alone) or just absent minded thoughts, just say to yourself *"Great, I'm no longer a slave to PMO. I'm free and happy to know the differences in sex!"* This will cut the oxygen to the thought and stop it from burning towards urges and cravings. In this aspect, practising mindfulness meditation can be helpful to assist in the depersonalisation of thoughts.

Chapter 23

The Easy Way To Stop

This chapter contains instructions regarding the easy way to stop PMO. Providing you follow the instructions, you'll find that stopping ranges from relatively easy to enjoyable! But remember the definition of a brunette: *"A girl who didn't read the instructions on the bottle."* It's ridiculously easy to stop PMO, all you have to do is two things.

1. Make the decision that you are never going to PMO again.
2. Don't mope about it. Rejoice.

You're probably asking, *"Why the need for the rest of the book? Why couldn't you have said that in the first place?"* The answer is that you would have at some time moped about it and consequently sooner or later, changed your decision. You're probably already done that many times before.

As already said, PMOing is a subtle, sinister trap. The main problem of stopping isn't the dopamine addiction, certainly a problem but not the primary, the brainwashing. It's therefore necessary first to destroy all of the myths and delusions. Understand your enemy, know their tactics and you'll easily defeat them. Spending most of my life trying to stop PMOing, suffering weeks of black depression. When I finally stopped, I went straight to zero without one bad moment. It was enjoyable even through the withdrawal period and I've never had the slightest pang since. On the contrary, it was the most wonderful thing that has happened in my life.

My final attempt was different. Like all PMOers nowadays, I had been giving the problem serious thought. Up to then, whenever I failed, I consoled myself with the thought that it would be easier next time. It had never occurred to me that I would have to go on PMOing the rest of my life, this thought filled me with horror and started me thinking very deeply about the subject.

Instead of firing up the browser subconsciously, analysing my feelings instead and confirming what I already knew. I wasn't enjoying PMO and found it filthy and disgusting. I started looking at non-PMOers living in other parts of the world or older people who never got to know the tube sites. Up until then, I had always regarded non-PMOers as wishy-washy, unsociable, finicky people. However, when I examined when they appeared, they appeared to be, if anything, stronger and more relaxed. They appeared to be able to cope with the stresses and strains of life and seemed to enjoy social functions more than the PMOers. They certainly had more sparkle and zest than PMOers.

I started talking to ex-PMOers. Up to that point, I had always regarded ex-PMOers as those who had been forced to give up PMO for health and religious reasons and who were always secretly longing for a harem visit. A few did say, *"You get the odd pangs, but they are so few are far between they aren't worth bothering about."* Most saying, *"Miss it? You must be joking! I've never felt better in my life."* Even failures were fall forwards for them, they didn't condemn themselves, unconditionally accepting instead. Like a coach who'll accept a mistake by a genuinely golden player. Talking to ex-PMOers destroyed another myth I'd always had in my mind, I had thought there was an inherent weakness within me, until it dawned on me that all PMOers go through this private nightmare.

Basically, I said to myself, *"Scores of people are stopping now and leading perfectly happy lives, I didn't need to do it before I started and I can remember having to work hard to get used to this filth. So why do I*

need to do it now?" In any event, I didn't enjoy PMO, hating the entire filthy ritual and didn't want to spend the rest of my life being the slave of this disgusting addiction. I then said this to myself.

"Whether you like it or not, you have completed your last PMO visit."

I knew, right from that point, that I would never PMO again. I wasn't expecting it to be easy, just the reverse. I fully believed that I had signed up for months of black depression and spending the rest of my life having the occasional pang. Instead, it has been absolute bliss right from the start.

It took me a long time to work out why it had been so easy and why I hadn't suffered those terrifying withdrawal pangs. The reason is that they do not exist, it's the doubt and uncertainty that causes the pangs. The beautiful truth is that *it's easy to stop PMO*. It's only indecision and moping that makes it difficult, even while addicted, PMOers can go for relatively long periods at certain times without it. It's only when you want it but can't have one that you suffer.

Therefore, the key to making it easy is to make stopping certain and final. Not to hope, but to know that you have kicked it, having made the decision. Never doubt or question it, in fact, just the reverse - always rejoicing! If you can be certain from the start, it'll be easy. But how can you be certain from the start? That's why the rest of the book is necessary. There are certain essential points that are necessary to get them clear in your mind before you start:

1. Realise you can achieve it. There's nothing different about you and the only person who can make you PMO is yourself. Not that star, never in their wildest dreams having thought about themselves being used for reducing virility.
2. There's absolutely nothing to give up. On the contrary, there are enormous positive gains to be made. Not that you'll be healthier and richer, but that you will enjoy the good times more and be less miserable during the bad.
3. There's no such thing as a peek or visit. PMOing is drug addiction and a chain reaction, by moaning about the odd PMO you will only be punishing yourself needlessly.
4. See PMOing not as a 'boys will be boys' habit that might injure you, but as drug addiction. Face up to the fact that, whether you like it or not, **you've got the disease**. It won't go away because you bury your head in the sand. Remember, like all crippling diseases, it not only lasts for life but gets exponentially worse. The easiest time to cure it is now.
5. Separate the disease, the neurochemical addiction, from the mindset of being a PMOer or not. All PMOers, if given the opportunity to go back to the time before they became hooked, would jump at that opportunity. You have that opportunity today! Don't even think about it as 'giving up' PMOing.

When you have made the final decision that you've had your last PMO, you'll already be a non-PMOer. A PMOer is one of those poor wretches who goes through life destroying themselves with porn. A non-PMOer is someone who doesn't. Once you made that final decision, you've already achieved your object. Rejoice in the fact, don't sit around moping and waiting for the chemical addiction to do. Get out and enjoy life immediately. Life is marvellous even when you're addicted and each day will get so much better when you aren't.

The key to making it easy to quit is to be certain that you will succeed in abstaining completely during the withdrawal period (maximum three weeks). If you're in the correct frame of mind, you will find this ridiculously easy.

By this stage, if you've opened your mind as requested at the beginning, you'll already decided you are going to escape. You should now have a feeling of excitement, like a dog straining at the leash, unable to wait to break down those DeltaFosB porn water slides. If you have a feeling of doom and gloom, it'll be for one of the following reasons:

1. Something hasn't gelled in your mind. Re-read the above five points and ask yourself if you believe them to be true. If you doubt any point, re-read the appropriate sections of the book.
2. You fear failure itself. Do not worry, just read on, you'll succeed. The whole business of internet porn

is a confidence trick of a gigantic scale. Intelligent people fall for confidence tricks but only a fool who having once found out about the trick goes on kidding themselves.

3. You agree with everything but are still miserable. Don't be! Open your eyes, something marvellous is happening. You're about to escape from the prison, it's essential to start with the correct frame of mind: *"Isn't it marvelous that I am a non-PMOer!"*

All we have to do now is to keep you in that frame of mind during the withdrawal period and the next few chapters deal with specific points to enable you to stay in that frame of mind during this time. After the withdrawal period you won't have to think that way, you'll think it automatically, the only mystery in your life being why you didn't see it before. However, two important warnings.

- Delay your plan to make your last visit until you've finished the book.
- A withdrawal period of up to three weeks has been mentioned many times, this can cause misunderstanding. First, you may subconsciously feel that you have to suffer for three weeks. You don't. Secondly, avoid the trap of thinking *"Somehow I have just got to abstain or three weeks and then I'll be fine."* Nothing magic will actually happen after three weeks, you won't suddenly feel like a non-PMOer, they don't actually feel any different from PMOers. If you're moping about stopping during the three weeks, in all probability you'll still be moping about it after the three weeks. Summarised, if you can start right now by saying *"I'm never going to PMO again, isn't it marvellous?"*, after three weeks all temptation will go. Whereas if you say, *"If only I can survive these three weeks without a PMO"*, you'll be dying for a harem visit after the three weeks are up.

Sexual dysfunction has a lot to do with your brain and mind frame. Internet porn rewires your brain's reward circuit and gives your mind a 'doubting' mind frame. This self-doubt will undoubtedly cause sexual dysfunction. Having all the desire in your upper part but putting up with no arousal in your lower is the worst thing to happen to your mindset. Libido going hand in hand with romance is the elixir of youth that you can have until you die. You'll keep the probabilities high by quitting, but that isn't the only or major gain. It's your freedom from slavery.

Chapter 24

The Withdrawal Period

For up to three weeks after your last PMO session you may be subjected to withdrawal pangs, these consist of two quite separate factors.

1. Dopamine withdrawal pangs, that empty, insecure feeling, like a hunger, which PMOers identify as a craving or 'something I must do' feeling.
2. Psychological triggers of certain external stimuli such as commercials, online browsing, telephone conversations, ect.

Failure to understand and differentiate between these two distinct factors makes it difficult for PMOers to achieve success using the willpower method and is also the reason why many who do fall into the trap again. Although the withdrawal pangs of dopamine don't cause physical pain, don't underestimate their power. We talk of 'hunger pains' if we go without food for a day; there might be stomach rumbles, but there isn't any physical pain. Even so, hunger is a powerful force and we're likely to become very irritable when deprived of food. It's similar to when our body is craving a dopamine rush, the difference being that our body needs food, not poison. With the right frame of mind the withdrawal pangs are easily overcome and disappear very quickly.

After abstaining for a few days on the willpower method, the craving for dopamine flushes soon disappears. It's the second factor, brainwashing, that causes difficulty. The PMOer has gotten into the habit of relieving withdrawal pangs at certain times and occasions, which causes an association of ideas ("*I've got a hard on, so I must PMO.*" or "*I am in bed with my laptop and I must PMO to feel happy*"). The effect is best illustrated with an example: You have a car and the indicator is on the left, on your next it's on the right. You know it's on the right, but for a couple of weeks you turn the windscreen wipers on when you want to indicate.

Stopping PMO is similar, during the early days the trigger mechanism will operate at certain times. You'll think about wanting to PMO, it's therefore essential to counter the brainwashing right from square one, causing these cues and triggers to quickly disappear. Under the willpower method, because the PMOer believes they're making a sacrifice, they're moping about it and waiting for the urge to go - far from removing these trigger mechanisms and actually increasing them. Similarly, under guru thinking the PMOer starts to wonder when they're going to become a God and even demands that they shouldn't have those thoughts, paving the way for self-loathing and failure.

A common trigger is alone time, particularly at a social event with friends. The ex-PMOer using other methods is already miserable due to being deprived of their usual crutch or pleasure. Their friends are with their partners and acting intimate. The PMOer is either single or not 'getting' any from their partner for whatever reason, now they're no longer enjoying what should be a pleasant social occasion. Their already made brain water slides lead them to porn, which is easier than either trying to woo their wife.

Because of the association of entitlement to sex with their well-being, they're now suffering a triple blow and the brainwashing is actually increased. If they're resolute and can hold out long enough they eventually accept their lot and get on with their life. However, part of the brainwashing still remains, the second most pathetic aspect being the PMOer who has quit but even after several years still craves 'just one last visit to the harem' on certain occasions. Pining for an illusion that exists only in their mind and is

needlessly torturing themselves.

Even under EASYPEASY, responding to triggers is the most common failing. The ex-PMOer tends to regard internet porn as a sort of placebo or sugar pill. Thinking, *"I know porn does nothing for me, but if I think it does then on certain occasions it will be helpful."* A sugar pill, although giving no actual physical help, can be a powerful psychological aid to relieve genuine symptoms and is therefore a benefit. Internet porn and habitual masturbation, however, aren't sugar pills. Why? Porn creates the symptoms it relieves and ceases to relieve them completely.

You may find it easier to understand the effect when related to a non-PMOer or a successful PMOer who has quit for several years. Take the case of a PMOer who loses their partner, it's quite common at such times, with the best of intentions, to say, *"Have one harem visit, it'll help calm you down."* If the offer is accepted, it won't have a calming effect as there's no dopamine addiction and therefore no withdrawal pangs. At best, all it'll do is give them a momentary psychological boost.

Even after the session is over, the original tragedy is there. In fact, it'll be increased because the person is now suffering withdrawal pangs, the choice is now either to endure them or to relieve them by repeating the water slide rides to start the chain of misery all over again. All the porn provided was a fleeting psychological boost, the same that could have been achieved by a book or feel-good movie, even a bad one. Many non-PMOers and ex-PMOers have become re-addicted as a result of such occasions. Get it quite clear in your mind: You don't need the dopamine rush and are only torturing yourself further by continuing to regard it as some sort of prop or boost. There's no need to be miserable.

Orgasms do not make good relations; most times ruining them. Remember too that it's not entirely true that those who show public displays of affection enjoy every time. Intimacy is best enjoyed in private where partners can respond without embarrassment, you don't have to be an orgasm induced dopamine addict. If it happens as a natural result of a series of life events, that's fine, but enjoy the occasion and life without it.

Abandoning the concept of PMOing as pleasurable in itself, many PMOers think *"If only there was clean internet porn."* There is clean soft porn, any PMOer who tries it soon finds out it's a waste of time. Get it clear in your mind that the only reason you have been PMOing is to get the dopamine flush. Once you have got rid of the dopamine craving for PMO you'll have no need to visit your online harem.

Whether the pangs are due to actual dopamine withdrawal symptoms or trigger/cue mechanisms, accept it. The physical pain is non-existent and with the right frame of mind it won't be a problem. Don't worry about withdrawal, the feeling itself isn't bad. It's the association with wanting and then feeling denied that is the problem. Instead of moping about it, say to yourself *"I know what this is, it's the withdrawal pang from PMO. That's what PMOers suffer their entire lives and what keeps them addicts. Non-PMOers don't suffer these pangs, it is another of the many evils of this lying addiction. It's marvellous that I'm purging this evil from my brain."*

In other words, for the next three weeks you'll have a slight trauma inside your body, but during those weeks and for the rest of your life something marvellous will be happening. You'll be kidding yourself of an awful disease, the bonus more than outweighing the slight trauma and you'll actually be enjoying the withdrawal pangs. They'll become moments of pleasure, like an exciting game to starve the PMO tape worm living inside your stomach. You've got to stave it for three weeks while it's trying to trick you into getting into bed to keep it alive.

At times, it'll try to make you miserable. At times, you'll be caught off-guard. You'll receive a porn URL and forget that you've stopped, a slight feeling of deprivation when remembered. Be prepared for these tricks in advance, whatever the temptation, get it into your mind that it is only there because of the monster inside your body and every time you resist the temptation you have dealt another moral blow in the battle.

Whatever you do, don't try to forget about PMO. This is one of the things that causes PMOers using the willpower method hours of depression. They try and get through each day hoping that eventually they'll just forget about it. It's like not being able to sleep, the more you worry about it, the harder it becomes. In any event, you won't be able to forget about it, for the first few days the 'little monster' will keep reminding you and you won't be able to avoid it. While there are still laptops, smartphones and magazines around you'll have constant reminders.

The point being that you have no need to forget, nothing bad is happening. Something marvellous is happening, even if you are thinking about it a thousand times a day, **savor each moment, remind yourself of how marvelous it is to be free again. Remind yourself of the sheer joy of not having to torture yourself anymore.** As said previously, you'll find that pangs become moments of pleasure, being surprised how quickly you'll then forget about porn.

Whatever you do, *don't doubt your decision*. Once you start to doubt, you'll start to mope and it'll get worse. Instead, use that moment of moping and convert it into a boost. If the cause is depression, then remind yourself that's what the PMO was doing to you. If you're forwarded a URL by a friend, take pride in saying, *"I'm happy to say I don't need that anymore."* This will hurt them, but when they see it isn't bothering you they'll be halfway to joining you.

Remember that you had very powerful reasons for stopping in the first place. Remind yourself of the costs and ask yourself if you really want to risk malfunction of your body and mind. The most important loss being mental happiness and well-being, of not living under a spell. Be mindful of the little monster's efforts to minimise the hazards, above all, remember the feeling is only temporary and each moment is a moment closer to your goal.

Some PMOers fear they'll have to spend the rest of their lives reversing the 'automatic triggers'. In other words, believing they'll have to go through their lives kidding themselves they don't need PMO through use of psychology. This isn't so, remember the optimist sees the bottle as half full and the pessimist sees it as half empty. In the case of PMO, the bottle is empty and the PMOer sees it as full. There are no advantages to using internet porn and PMOing. It's the PMOer who has been brainwashed. Once you start telling yourself that you don't need to orgasm using PMO, in a very short time you won't even need to say it because the beautiful truth is that you don't need to PMO. It's the last thing you need to do; make sure it isn't the last thing you do.

Chapter 25

Just One Little Peek

This is the undoing on many PMOers on the willpower method. They'll go through three or four days and then have the odd peek or PMO to tide them over. They don't realise the devastating effect this has on their morale.

For most PMOers that first peek at the tube site harem was not as good as sex with a real person. The clips that are clean are far in between, giving their conscious minds a boost. Thinking, *"Good, that wasn't entirely all that enjoyable. I'm losing the urge to PMO and am not that into the shocking stuff."* In fact, the reverse is the case. Get it clear in your mind, enjoyment of orgasm wasn't the reason you hit porn. If PMOers were there for orgasm alone, they'd never watch more than one clip. The only reason why you had to PMO was to feed that little monster. Just think, you had starved it for four days, how precious that one peek must have been to it. You aren't aware of it in your conscious mind, but the fix your body received will be communicated to your subconscious mind and all your sound preparation will be undermined. They'll be a little voice at the back of your mind saying that in spite of all logic they are precious and that you want another one.

That little peek has two damaging effects:

1. It keeps the little monster alive in your body.
2. Worse, it keeps the big monster alive in your mind. If you had the 'last peek' it will be easier to have the next one.

Above all, remember:

'Just one peek' is how people get into PMO addiction in the first place.

Chapter 26

Will it be harder for me?

The combinations of factors that determine how easily each individual PMOer will quit are infinite. To start with, each of us has their own character, career, personal circumstances, timing, ect. Certain professions may make it harder than others but providing the brainwashing is removed this doesn't have to be so. Take the following few examples.

It tends to be particularly difficult for members of the medical profession. We think it should be easier for doctors because they're more aware of the effects and are seeing daily evidence. Although this supplies more forceful reasons for stopping, it doesn't make it any easier to accomplish. The reasons are as follows:

1. The constant awareness of the health risks creates fear, which is one of the conditions under which we need to relieve withdrawal pangs.
2. A doctor's work is exceedingly stressful and they're usually not able to relieve the additional stress of withdrawal pangs while working.
3. They have the additional stress of guilt, feeling that they should be setting an example for the rest of the population. This puts more pressure on them and increases the feeling of deprivation.

After a hard day at work, when the stress is momentarily relieved by PMO, that session becomes incorrectly attached to the relief experienced. Because of this mis-association of ideas the porn and PMO get credit for the whole situation. It suddenly becomes very precious when they quit and goes through withdrawal pangs. This is a form of casual PMOing and applies to any situation where the PMOer is forced to abstain for lengthy periods. Under the willpower method, the PMOer is miserable because they're being deprived, not enjoying the tiredness and sleep that becomes after a PMO. The sense of loss is greatly increased. However, if you can first remove the brainwashing and stop moping about PMO, the break and sleep can still be enjoyed even while the body is craving the amine transmitters - serotonin, norepinephrine and dopamine.

Another difficult situation is boredom, particularly when it is combined with periods of stress. Typical examples are students and single parents, work being stressful yet monotonous. During an attempt to stop on the willpower method, the single person has long periods in which to mope about their 'loss' which increases the feeling of depression. Again, this can be easily overcome if your frame of mind is correct. Don't worry that you are continually reminded that you have stopped PMOing. Use such moments to rejoice in the fact you're ridding yourself of the evil monster.

If you have a positive frame of mind these pangs can become moments of pleasure. Remember, any PMOer regardless of age, sex, intelligence or profession can find it easy and enjoyable to stop provided **you follow all the instructions.**

Chapter 27

Primary reasons for failure

There are two primary reasons for failure. The first is the influence of external stimuli - a commercial, online news article, internet browsing, ect. At a weak moment, or even during a social occasion somebody will get intimate with their partner. This topic has already been discussed at length. Use the moment to remind yourself there is no such thing as one visit or peek. Rejoice in the fact that you have broken the chain of mental slavery. Remember that the PMOer envies you and that you should feel pity for them, they need it.

The other primary reason is having a bad day, get it clear in your mind before you start that whether you are a PMOer and non-PMOer there are good and bad days. It rains for both the pope and the murderer. Life is relative and you can't have ups without downs. The issue with the willpower method is that as soon as the PMOer has a bad day they begin moping for a visit to the 'harem', further compounding the issue. The non-PMOer is better equipped, not only physically but mentally, to cope with the and strains. If you have a bad day during the withdrawal period just take it on the chin, reminding yourself that you had bad days when you were addicted, otherwise you wouldn't have decided to stop. Instead of moping about it, recognise it instead: *"Okay, so today's not so good but PMO won't cure it. Tomorrow will be better and at least I've got a marvellous bonus, I've kicked that awful PMO addiction."*

When you're a PMOer you have to block your mind to the negatives of PMO. PMOer's never have brain fog, they're just 'a bit down'. When you're having life's inevitable troubles you want to PMO, but are you happy and cheerful? Of course you aren't. Once you stop, the tendency is to blame everything that goes wrong on the fact that you have stopped.

If work stresses you out, you think, *"At times like this I would have PMOed."* This is true, but the important thing that's forgotten is that the PMO didn't solve the problem and you're simply punishing yourself by moping for an illusory crutch. You're creating an impossible situation, you're miserable because you can't have the porn and masturbation, yet you'll be even more miserable if you do. You know that you have made the correct decision by stopping PMO, so why punish yourself by doubting your decision?

Remember, a positive mental approach is essential - always.

Chapter 28

Substitutes

Substitutes include restricting to porn magazines, static internet images, porn-diets, ect. **DO NOT USE ANY OF THEM.** They make it harder, not easier. If you do get a pang and use a substitute it'll prolong the pang and make it harder. What you're really saying is that you need PMO to fill the void. It'll be like giving in to a hijacker or the tantrums of a child, just keeping the pangs coming and prolonging the torture. In any event, the substitutes won't relieve the pangs. Your craving is for amino acids in the brain, all it'll do is keep you thinking about PMOing. Remember these points.

1. There's no substitute for PMO.
2. You don't need porn or PMO. It's not food, it's poison. When the pangs come remind yourself that it's the PMOers who suffer withdrawal pangs, not non-PMOers. See them for what they are, another evil of the drug. See them as the death of a monster.
3. Internet porn creates the void; it doesn't fill it. The quicker you teach your brain you don't need to PMO, the sooner you'll be free. In particular, avoid anything that resembles porn, such as men's magazines, movies, novels and commercials. This isn't being closed minded, it's okay to talk romance and sex, but not porn. There's always a way to find when are where to discriminate. It's true that a small proportion of PMOers who attempt to quit using softcore porn or porn diets do succeed (from their own perspectives) and attribute their success to such use. However, they quit in *spite* of their use and not because of it. It's unfortunate that many still recommend these measures.

This is unsurprising, because if you don't fully understand the porn trap, a diet or soft substitute sounds very logical. It's based on the belief that when you attempt to quit PMO, you have two powerful enemies to defeat:

- To break the habit.
- To survive the terrible physical withdrawal pangs.

If you have two powerful enemies to defeat, it is sensible to not fight them simultaneously but one at a time. So the theory goes that when you first stop using porn, you cut down to once a week or use safe porn. Then, once you have broken the habit, you gradually reduce the supply, thus tackling each enemy separately.

This sounds logical but is based on the wrong facts. PMO is not habit but dopamine addiction and the actual physical pain from it's withdrawal is almost imperceptible. What you are trying to achieve when you quit is to kill both the monsters in your body and brain as quickly as possible. All substitution techniques do is to prolong the life of the little monster, in turn prolonging the life of the brainwashing. EASYPEASY makes it easy to quit immediately, killing the brainwashing before your final PMO session. The little monster will soon be dead and even while it is dying, it'll be no more of a problem than it was when you were a PMOer.

Just think, how can you possibly cure addiction to a drug by recommending the same drug? There are many stories online who have quit using hardcore internet porn but are hooked on 'safe' alternatives, having fallen for their little monsters justifications. Don't be fooled by the fact that the safe porn isn't awful - so was that first high-speed clip. All substitutes have exactly the same effects as any porn. Some even begin eating, but although the empty feeling of wanting a PMO is indistinguishable from hunger for food,

one won't satisfy the other. In fact, if there's anything that's designed to make you want to PMO, it's stuffing yourself with food. As previously explained, porn diets and safe porn will only put you in the middle of the tug of war and resistance to temptation is so annoying that you will feel relieved visiting your favorite online harem.

The chief evil of substitutes is that they prolong the real problem, which is brainwashing. Do you need a substitute for the flu when it's over? Of course you don't. By saying that you need a substitute for PMOing, what you're really saying is that you're making a sacrifice. The depression associated with the willpower method is caused by the fact that the PMOer believes they're making a sacrifice. All you'll be doing is substituting one problem for another. There's no pleasure in stuffing yourself with food, cigarettes or alcohol. You'll just get fat, miserable and in no time at all you'll be back on the drug.

Casual PMOers find it difficult to dismiss the belief that they are being deprived of their little reward, those who aren't allowed to go online during a period of time during travel, family event, ect. Some say, *"I wouldn't even know how to unwind if it wasn't for PMO."* That proves the point, often the break is taken not because the PMO needs or even wants it, but because the addict - which is what they are - desperately needs to scratch the itch.

Remember, the PMO sessions were never genuine rewards. They were equivalent to wearing tight shoes to get the pleasure of taking them off. So if you feel that you must have a little reward, let that be your substitute; while you're working wear a pair of shoes or underwear a size too small and don't allow yourself to remove them until you have your break, then experience the wonderful moment of relaxation and satisfaction when you do remove them. Perhaps you feel that would be rather stupid. You are absolutely right. It's hard to visualise while you're still in the trap, but that's what PMOers do. It's also hard to visualise that soon you won't need that little 'reward' and you'll soon regard your friends who are still in the trap with genuine pity and wonder why they cannot see the point.

However, if you continue kidding yourself that the online harem visit was a genuine reward, or that you need a substitute, you'll feel deprived and miserable. The chances are that you'll end up falling into the disgusting trap again. If you need a genuine break as housewives, teachers, doctors and other workers do, you'll soon be enjoying that break even more because you won't have to addict yourself. Remember, you don't need a substitute. The pangs are a craving for dopamine and will soon be gone. Let that be your prop for the next few days and enjoy ridding your body and mind of slavery and dependence.

Chapter 29

Should I avoid temptation situations?

The advice has been direct so far and ask you to treat it as instruction rather than suggestion. There are sound, practical reasons for this advice and those reasons have been backed up by thousands of case studies. On the question of whether or not to try and avoid temptation, this isn't the case. Each PMOer will need to decide for themselves. However, two helpful suggestions can be made to assist you through this process. It's fear that keeps us PMOing for all our lives and this fear consists of two distinct phases.

Phase One - "How can I survive without PMO?"

This fear is the panicky feeling the PMOer gets when they're single or have an asexual, uninterested or unavailable partner. The fear isn't caused by withdrawal pangs but is the psychological fear of dependency, being unable to survive without sex and orgasm. It peaks when you're on the verge of quitting, when your withdrawal pangs are at their lowest. It's the fear of the unknown, the sort of fear that people have when they're learning to dive.

The diving board is one foot high but seems to be six feet high. The water is six feet deep but appears to be one foot deep. It takes courage to launch yourself, convinced that you are going to smash your head. The launching is the hardest part, if you find the courage to do it, the rest is easy! This explains why many strong-willed PMOers have never attempted to stop or can survive for only a few days when they do. In fact, there are some PMOers on a porn diet who, when they decide to stop, actually binge and escalate to harsher clips more quickly than if they hadn't decided to stop. This decision causes panic, which is stressful and triggers a cue to take a trip to the harem. But now you can't take one, leading to thoughts of deprivation and compounding stress.

The trigger activates quickly when the fuse blows and you fire up the browser. Don't worry, the panic is just psychological. It's the fear you're dependent. The beautiful truth is that you aren't, even when you're still addicted. Don't panic and launch yourself.

Phase Two - Longer Term Fear

The second phase is long term, involving the fear that certain situations in the future will not be enjoyable or you won't be able to cope with trauma without PMO. Don't worry, if you can launch yourself you will find the opposite to be the case. The avoidance of temptation itself falls into two categories.

1. *I'll subscribe to a porn diet of once in four days. I'll feel more confident knowing that I can go online if it gets difficult. If I fail it's okay, I'll just add additional days to my next cycle.*

The failure rate with people who do this is far higher than those who quit altogether. This is mainly due to the fact that if you're having a bad moment during the withdrawal period, it's easy to hop on the browser and visit the harem with the above excuses. If you have the indignity of clearly breaking your own rules like a shattered glass window, you're more likely to overcome the temptation. In any event, the pang would probably already have passed if you had delayed it. However, the main reason for the high failure rate in these cases is that the PMOer didn't feel completely committed to stopping in the first place. Remember the two essentials to succeed are:

- Certainty.
- *"Isn't it marvellous that I don't need to PMO anymore?"*

In either case, why on earth do you need to PMO? If you still need to visit your harem, re-read the book first. It means something hasn't quite gelled. Take the time to kill the big brainwashing monster in your mind stone dead.

2. *"Should I avoid stressful or social occasions during the withdrawal period?"*

In the case of stressful situations, yes. There's no sense putting undue pressure on yourself. In the case of social events, like bars or clubs, the advice is the reverse. Go out and enjoy yourself straight away, you don't need sex or the propagative side of sex even while you're addicted to porn. Go out and rejoice in the fact that you don't have to have sex or propagative sex, it'll quickly prove to you the beautiful truth that life is so much better without these pressures. Just think of how much better it will be when the little monster has left you, together with those needy thoughts.

Chapter 30

The Moment of Revelation

Usually taking place within three weeks after stopping, ex-PMOers experience the moment of revelation. The sky appears to become brighter and is the moment when the brainwashing ends completely. When instead of telling yourself you don't need to PMO, you suddenly realise that the last thread is broken and you can enjoy the rest of your life without ever needing PMO again. It's also from this point that you usually start looking at PMOers as objects of pity.

PMOers using the willpower method do not normally experience this moment because although they are glad to be ex-PMOers they continue through life believing they're making a sacrifice. The more you were addicted, the more marvellous this moment is and it lasts a lifetime. While there are many joys in life, it's impossible to recapture the actual feeling. The joy of not having to PMO anymore is different, if feeling low and needing a boost, reminding yourself of how lovely it is not to be hooked on that awful addiction. Many call it the most marvellous event of their lives. In most cases, the moment of revelation takes place not after three weeks, but after a few days.

In my own case, it happened before I was finished with my last harem visit. I'm sure many of the readers here, before they'd even got to the end of the chapters would say something like *"You needn't say another word. I can see it all so clearly, I'll know I'll never PMO again."* Based on the feedback I receive, this happens frequently. Ideally, if you follow all the instructions and understand the psychology completely, it should happen to you immediately.

While it's stated that it takes around five days for noticeable physical withdrawal to go and about three weeks for an ex-PMOer to get completely free. Such guidelines can cause two problems. The first is the suggestion is implanted in people's minds that they'll have to suffer for between five days and three weeks. The second is that the ex-PMOers tend to think *"If I can survive for five days or three weeks, I can expect a real boost at the end of that period."*

However, they may have five pleasant days or three pleasant weeks then followed by disastrous days that strike both non-PMOers and PMOers which have nothing to do with the addiction but are caused by other factors in our lives. Then our ex-PMOer who's waiting for the moment of revelation experiences depression instead. It could destroy their confidence. By the same token, if there was no guidelines, the ex-PMOer could spend the rest of their life waiting for nothing to happen. This is what happens to the vast majority to PMOers who stop using the willpower method.

People often ask about the significance of the five days and three weeks. Are they just periods drawn out of the blue? No, while they aren't definite dates they reflect an accumulation of feedback from over the years. About five days after stopping is when the ex-PMOer ceases to have the addiction as the main occupation of their mind. Most ex-PMOers experience revelation around this period, generally in a stressful or social situation that at once point wasn't able to be coped with or enjoy without a harem visit. You suddenly realise that not only are you enjoying or coping with it, but the thought of PMO has never even occurred to you. From that point it's usually plain sailing. That's when you know you're free.

It's both mine and the experience of many others attempting to stop using the willpower method, that around the three week period is when most serious attempts to stop fail. What usually happens is that after about three weeks you sense that you have lost the desire to PMO. You need to prove this to yourself, so you hop on the browser to visit your harem. It feels weird, proving you've kicked it. But in the process

you're greased the DeltaFosB water slide thanks to the fresh dopamine rush, what your body has been craving for the last three weeks. As soon as you finish the deed the dopamine starts to leave your body. Now a little voice is saying, *"You haven't kicked it, you want another one."*

You don't scurry back right away because you don't want to get hooked again, allowing a safe period to pass. When you're next tempted you're able to say to yourself *"Well, I didn't get hooked again, so there's no harm in having another one."* You're already on your way down the slippery slope. The key to the problem is not to wait for the moment of revelation but to realise that once you close the browser it's finished. You've cut off the supply of oxygen to your little monster. No force on earth can prevent you from being free unless you mope about it or wait for revelation. Go any enjoy life; cope with it right from the start. That way you'll soon experience the moment.

Chapter 31

The Final Visit

Having decided on your timing, you're now ready to visit your harem one last time. Before you do so, check on the two essentials.

1. Do you feel certain of success?
2. Do you have a feeling of doom and gloom, or a sense of excitement that you're about to achieve something marvellous.

If you have any doubts, re-read the book first. Remember that you never decided to fall into the porn trap, but the trap is designed to enslave you for life. In order to escape you need to make the positive decision that you are about to stop and make your final visit.

Remember, the only reason that you have read this book so far is because you would dearly love to escape. So make that positive decision now, making a solemn vow that when you close your private browser window, whether you find it easy or difficult, you'll never visit your harem again or engage in PMO. Perhaps you're worried that you have made this vow several times in the past but are still failing, or that you'll have to go through some awful trauma. Have no fear, the worse thing that can possibly happen is that you fail and so you have *absolutely nothing* to lose and so much to gain.

But stop even thinking about failure, the beautiful truth is that it's not only ridiculously easy to quit but you can actually enjoy the process. This time you are going to use EASYPEASY! All you need to do is follow the simple instructions that I'm about to give you.

1. Make the solemn vow now and mean it.
2. Browse the pictures and clips on your favorite tube site consciously, looking at the desperate attempts by the site admins, actors and even amateurs of amplifying the shock, novelty and supernatural nature of their wares and ask yourself where the pleasure is.
3. When you finally close the browser, don't do so with a feeling of *"I must never visit another only harem again"* or *"I'm not allowed to visit another"* but instead with a feeling of freedom, like *"Isn't it great? I'm free! I'm not longer a slave to porn! I don't ever have to visit these filthy sites in my life again."*
4. Be aware for a few days, there will be a little porn saboteur inside your stomach. You might only be aware of the feeling of wanting to PMO. The little porn monster has been referred to as the slight physical craving for dopamine. Strictly speaking this is incorrect and it's important to understand why. Because it takes up to three weeks for that little monster to die, ex-PMOers believe that the little monster will continue to crave after the final online harem visit and that they must therefore use willpower to resist the temptation during this period. This isn't so, the body doesn't crave porn triggered dopamine. Only the brain craves dopamine.

If you do get that feeling of wanting a peek over the next few days, your brain has a simple choice. It can either interpret that feeling for what it actually is - an empty insecure feeling started by the first visit to an online porn site and perpetuated by each subsequent one, saying to yourself **"YIPPEE! I'M A NON-PMOER!"**

Or, you can start craving for porn and suffer for the rest of your life. Just think for a moment, wouldn't

that be an incredibly stupid thing to do. To say, *"I never want to PMO again"* and then spending the rest of your life saying *"I'd love a visit."* That's what PMOers who use the willpower method do, no wonder they feel so miserable. Spending the rest of their lives desperately moping for something they desperately hope they'll never have. No wonder so few of them succeed and the few that do never feel completely free.

It's only the doubting and waiting that makes it difficult to quit, so never doubt your decision, you know it's the correct one. If you begin to doubt it, you'll put yourself in a no-win situation. You'll be miserable if you crave a PMO visit but can't have one. You'll be even more miserable if you crave a PMO visit but can't have one. Not matter what system you are using, what is it that you trying to achieve when you quit? PMOing? Never to PMO again? No! Many ex-PMOers do that but go through the rest of their lives feeling deprived.

What's the difference between PMOers and non-PMOers? Non-PMOers haven't any need or desire to PMO, they do not crave porn or PMO and don't need to exercise willpower in order to not PMO. That's what you're trying to achieve and it's completely within your power to do so. You don't have to wait to stop craving porn or to become a non-PMOer, you do it the moment you close that final browser session, cutting off the supply of dopamine: **YOU ARE ALREADY A HAPPY NON-PMOER!**

You'll remain a happy non-PMOer provided:

1. You never doubt your decision.
2. You don't wait to become a non-PMOer. If you do, you'll merely be waiting for nothing to happen, which will create a phobia.
3. You don't try not to think about PMOing or wait for the 'moment of revelation' to come. Either way you'll merely create a phobia.
4. You don't use other substitutes.
5. You see all the other PMOers are they really are and pity them rather than envying them.

Whether they're good or bad days, don't change your life just because you've quit PMO. If you do, you'll be making a genuine sacrifice when there is no need to. Remember, you haven't given up living. You haven't given up anything.

On the contrary, you've cured yourself from an awful disease and escaped from an insidious prison. As the days go by and your health, both physically and mentally improves, the highs will appear higher and the lows less low than when you were a PMOer. Whenever you think about PMOing during the next few days or the rest of your life, you think:

"YIPPEE! I'M A NON-PMOER!"

31.1 A Final Warning

No PMOer, given the chance of going back to the time before they became hooked with the knowledge they have now, would opt to start. Thousands of PMOers who successfully kick the habit for many years and lead perfectly happy lives, only to get trapped once again. I trust this book will help you to find it relatively easy to stop. But be warned, PMOers who find it easy to stop find it easy to start again, **do not fall for this trap.**

No matter how long you have stopped or confident that you are that you'll never become hooked again, make it a rule of life not to PMO for any reason. Resist the allusions and innuendos in the media and remember how they're pushing their image of 'openness' by bringing porn into the mainstream without realising porn, internet porn and PMO are killers of relationships and of the personal sense of well-being for a huge number of men and some women.

Remember, that first peek or visit will do nothing for you. You'll have no withdrawal pangs to relieve and it will make you feel awful. What it will do is put the pleasure of dopamine rush into your mind and brain, a little voice at the back of your mind will be telling you that you want other one. Then you've got the choice of being miserable for a while or starting the whole filthy chain again.

Chapter 32

Feedback

The war isn't against PMOers, but the porn industry and trap and it's waged for the simple reason that I enjoy it. Every time I hear about a PMOer escaping from the prison I get a feeling of immense pleasure. But this pleasure hasn't been without considerable frustration, which is mainly caused by two categories of PMOer. In spite of the warning in the previous chapter, I'm continually surprised by the number of PMOers who find it easy to stop, yet later get hooked and find they can't succeed the next time.

It's like finding someone up to their neck in a swamp and about to go under. You help pull them out and they're grateful, then, six months later dives straight back into the swamp. PMOers who find it easy to stop and start again pose a special problem, however when you get free *PLEASE, PLEASE, DON'T MAKE THE SAME MISTAKE*. They believe such people start again because they are still hooked and are missing the dopamine. In fact, they find stopping so easy that they lose their fear of PMOing. They think, *"I can have an odd PMO session, even if I do get hooked again, I'll find it easy to stop again."*

I'm afraid it just doesn't work that way, it's easy to stop PMOing but impossible to control the addiction. The one thing essential to stopping PMO is not to PMO.

The other category of frustrating PMOers are those who are just too frightened to make the attempt to stop, or when they do, find it a great struggle. The main difficulties appear to be the following.

Fear of failure. There is no disgrace in failure, but not to try is plain stupidity. Look at it this way, you're hiding from nothing. The worst thing that can happen is that you fail, in which case you are no worse off than you are now. Just think how wonderful it would be to succeed. If you don't make the attempt, you've already guaranteed failure.

Fear of pain and being miserable. Don't worry about it, just think: what awful thing could happen to you if you never PMOed again? Absolutely nothing. Terrible things will happen if you do. Re-read the notes on Pascal's Wager. In any case, the panic is caused by dopamine and will soon be gone. The greatest gain is to be rid of that fear. Do you really believe that PMOers are prepared to have fading penetrations, unreliable sexual performance or the pleasure of orgasm they get from porn? If you find yourself getting panicky, deep breathing will help. If you're with other people and they are getting you down, escape from them and go to the garage, an empty office or somewhere.

If you feel like crying, don't be ashamed. Crying is nature's way of relieving tension. No-one has ever had a good cry without feeling better afterwards. One of the awful things we do to young boys is teaching them not to cry. You can see them trying to fight back the tears, but watch the jaw grinding away. We teach ourselves not to show any emotions, but we're meant to, not bottling them up inside. Scream, shout or have a tantrum. Kick something. Regard your struggle as a boxing match that you cannot lose. Nobody can stop time, every moment that passes that little monster inside you is dying. Enjoy your inevitable victory.

Not following the instructions. Incredibly, some PMOers say that the method didn't work for them. They then describe how they ignored not only one instruction but practically all of them. For clarity, these are summarised as a checklist at the end of this chapter.

Misunderstanding instructions. The chief problems appearing to be these:

"I can't stop thinking about porn." Of course you can't and if you try, you'll create a phobia and become miserable. It's like trying to get to sleep at night; the more you try, the harder it becomes. It doesn't matter if you think about porn and PMO for ninety percent of your life, it's what you're thinking that's important. If you're thinking "Oh, I love to PMO" or "When will I be free?" you'll be miserable. If you're instead thinking "YIPPEE! I am free" you'll be happy.

"When will the little porn monster die?" The dopamine flush leaves your body very rapidly. But it's impossible to tell when your body will cease suffering from the slight physical sensation of dopamine withdrawal. That empty, insecure feeling is identical to normal hunger, depression or stress. All PMO does is to increase the level of it. This is why PMOers who stop using the willpower method are never quite sure if they've kicked it, even after the body has ceased to suffer from the dopamine surge withdrawal. If they suffer normal hunger or stress, their brain tells them this is a valid reason to claim their entitled PMO. The point being that you don't have to wait for the craving to go, it's so slight that we don't even know it's there, only knowing it as a feeling of wanting. When you leave the dentist after the final session, do you wait for your jaw to stop aching? Of course you don't, you get on with life. Even though your jaw's still aching, you're elated.

Waiting for the 'moment of revelation'. If you wait for it, you're just causing another phobia, I once stopped for three weeks on the willpower method. Chatting with an old friend, he asked me how I was getting on.

I said, *"I've survived three weeks."*

He queried, *"What do you mean, you've survived three weeks?"*

I clarified, *"I've gone three weeks without a PMO."*

He said, *"What are you going to do? Survive the rest of your life? What are you waiting for, you've done it. You're a non-PMOer."*

I thought, *"He's absolutely right, what am I waiting for?"* Unfortunately, due to a lack of understanding of the trap, I was soon back in but the point was noted. You become a non-PMOer when you close your browser. The important thing is to be a happy non-PMOer from the start.

"I'm still craving porn." Then you're being very stupid. How can you claim that you want to be a non-PMOer and then say that you want porn? That's a contradiction. If you say that you want to PMO, you're saying that you want to be a PMOer. Non-PMOers don't want to visit the disgusting tube sites. You already know what you want to be, so stop punishing yourself.

"I've opted out of life." Why? All you have to do is stop killing yourself and start energising yourself. You don't have to stop living in the slightest. It's as simple as this, for the next couple of days you will have a slight trauma in your life. Your body will suffer the almost imperceptible aggravation of withdrawal from your demands and claims for a dopamine surge. Now, bear this in mind: you're no worse off than you were. This is what you have been suffering or the whole of your life, every time you've been asleep, in church, the supermarket or library. It didn't seem to bother you when you were a PMOer and if you don't stop, you'll go on suffering this distress for the rest of your life.

PMO and orgasms don't make meals, drinks or social occasions, they deprive you of them. Even while your body is still craving dopamine surges, meals and social occasions are marvelous. Life is marvellous, go to social functions, even if there are naked dancers there. Remember you're not being deprived, they are. Every one of them would love to be in your position, if only they knew. Enjoy being the prima donna and centre of attention. Stopping PMO is a wonderful conversation point, taking a secret pleasure they cannot. Your friends and peers will be surprised to see that you, a shying and tired looking fellow is now looking happy and cheerful. You'll be enjoying life right from the start, there's no need to envy pick up artists at parties, they'll be envying you - if only they knew.

"I am miserable and irritable." This is failure to follow instructions. Find out which one it is. Some people understand and believe everything written but still start off with a feeling of doom and gloom, as if something terrible was happening. You're not only doing what you'd like to do, but

what every PMOer on the planet would like to do. With any method of stopping the ex-PMOer is trying to achieve a certain frame of mind, so whenever they think about PMO they say to themselves "YIPPEE! I'M FREE!" If that's your objective, why wait? Start off in that frame of mind and never lose it. The rest of the book is designed to make you understand why there is no alternative.

32.1 The Checklist

If you follow these instructions, you cannot fail:

1. Make a solemn vow that you will never, ever, go online to visit your harem *OR* settle for static pictures *OR* make peace with erotic graphics *OR* anything that contains supernormal stimuli and stick to your vow.
2. Get this clear in your mind: There's absolutely nothing to give up. By that, it isn't meant that you will be better off as a non-PMOer (you've known this all along); nor that although there is no rational reason why you PMO, getting some pleasure or crutch from it otherwise you wouldn't do it. What's meant is there's *no genuine pleasure or crutch in PMOing*. It's just an illusion, like banging your head against a wall to get pleasure when you stop.
3. There's no such thing as a confirmed PMOer. You're just one of the millions who have fallen for the subtle trap. Like millions of other ex-PMOers who once thought they couldn't escape, you have escaped.
4. If at any time in your life you were to weight up the pros and cons of PMOing, the overwhelming conclusion would always be *"Stop doing it. You're a fool"* Nothing will ever change that. It's always been that way and always will be. Having made what you know to be the correct decision, don't ever torture yourself by doubting. Going through Pascal's Wager with no chance of loss, high chances of gains and high chances of avoiding losses perfectly applies to PMO.
5. Don't try not to think of porn, or worry that you are thinking about it constantly. Whenever you do think about it, whether it be today, tomorrow or the rest of your life, think **"YIPPEE! I'M A NON-PMOer!"**
6. **Do not** use any form of substitute. **Do not** keep your laptop next to you while you sleep. **Do not** avoid plays, movies or magazines. **Do not** change your lifestyle in any way purely because you've stopped. If you follow the above instructions, you'll soon experience the 'moment of revelation', but:
7. Don't wait for the 'moment of revelation' to come. Just get on with your life, enjoying the highs and coping with the lows. You'll find in no time at all the moment will arrive.

Chapter 33

Help the PMOer Left On The Sinking Ship

PMOers are panicking nowadays, sensing changes in the way internet porn is perceived by men and women. Internet porn's addictive nature is being studied by more and more people, now rightly regarded as being different from traditional pornography. Effortlessness availability raises alarm even in the hearts of porn supporters. They also sense that their crusade for free speech and thought is being hijacked by various elements. The wild west of the unpoliced internet makes it near impossible to enforce age restrictions to supernormal stimulus. While it won't be coming to an end anytime soon, thousands of PMOers are stopping with most addicts aware of the studies showing similarities between porn and substance addiction. Each time a PMOer leaves the sinking ship, the ones left on it feel more miserable. Every PMOer instinctively knows that it's ridiculous to self-sabotage and spend time in front of two dimensional pixels, super-surfing the brain and developing brain water slides that will guarantee poor sexual performance. If you still don't think it's silly, try talking to a porn magazine standing at the centre of your city and ask yourself what the difference is. Just one. You can't get the pleasure of warmth and intimacy that way. If you can stop buying alcohol and cigarettes every time you go grocery shopping you can definitely stop visiting your online harem. PMOers cannot find a rational reason for PMOing but if someone else is doing it, they don't feel quite so silly.

PMOers blatantly lie about their habit, not only to researchers and others, but worst of all, to themselves. They have to, the brainwashing is essential if they're to retain some self-respect. They feel the need to justify their 'habit' not only to themselves but to non-PMOers. They're forever advertising the illusory advantages of porn and PMO by more subtler means.

If a PMOer stops using the willpower method they still feel deprived and tends to become a moaner. All this does is to confirm to other PMOers how right they are to continue PMOing. If the ex-PMOer succeeds in kicking the habit, they're then grateful they no longer have to go through life sabotaging themselves or wasting energy. They have no need to justify themselves, not sitting there saying how marvellous it is to not be PMOing, only when asked, but never by the PMOer. Remember, it's fear that keeps the PMOer head in the sand, only questioning their behaviour when stopping. Help the PMOer by removing those fears. Tell them how marvellous it is not having to go through life living in a prison, how lovely it is to wake up in the morning feeling fit and healthy instead of lacking in energy and self-loathing, how wonderful it is to be free of slavery, to be able to enjoy the whole of your life and to be rid of those black shadows. Or better still, get them to read this book.

It's essential not to belittle a married PMOer by indicating that they're deliberately ruining their relationship or is in some way cheating or unclean. There's a common misconception that the ex-PMOer is worst in this aspect. This conception has some substance, but is generally due to the willpower method of stopping. Because the ex-PMOer, although they've kicked the habit, retains part of the brainwashing, part of them still believing they have made a sacrifice. They feel vulnerable and their natural defensive mechanism is to attack the PMOer.

This may help the ex-PMOer but it does nothing to help the PMOer. All it does is put their back up, making them feel even more wretched and consequently their need for PMO even greater. Although the change in the medical establishment's attitude to internet porn is the main reason why many PMOers are quitting, it doesn't make it any easier to do so. In fact, it makes it a great deal harder. Most PMOers

nowadays believe they're stopping primarily for health reasons. This isn't strictly true.

Although the enormous health risk is obviously the chief reason for quitting, PMOers have been sabotaging their virality for years and it hasn't made the slightest bit of difference. The main reason why PMOers are stopping is because society is beginning to see PMOing for what it is: Drug addiction. The enjoyment was always an illusion, this attitude removes the illusion so that the PMOer is left with nothing. Many partners would now ask questions if you're on your laptop in the middle of the night.

Complete bans on porn in some countries or the unavailability of internet are classic examples of the travelling PMOers dilemma. The PMOer either takes the attitude: *"Okay, well if I can't have PMO, I'll find a way to abscond."* This doesn't do them any good if their job is hanging on it. Or, they say *"Fine, it'll help me cut down on my PMOing."* The result being that instead of one or two a day, neither of which they would have enjoyed, they abstain for an entire week. During this enforced period of abstinence however, not only will they be mentally deprived waiting for their reward, their body is craving too. Oh, how precious that online harem visit is when they're eventually allowed to go.

Enforced abstinences don't actually cut down the intake because the PMOer just indulges themselves even more when they're finally allowed to be alone. All it does is to ingrain in the PMOer's mind how precious internet porn is and how dependent they are upon it. The most insidious aspect of this enforced abstinence is its effect on adolescents. We allow the hijackers of 'freedom of expression', the porn producers, to target unfortunate teenagers to get hooked in the first place. Then, at what is probably the most stressful period in their lives, when in their deluded minds they need PMO most of all, we blackmail them into giving up because of the harm they're causing to themselves.

Many are unable to do so and are forced, through no fault of their own, to suffer a guilt complex for the rest of their lives. Many succeed and are pleased to do so, thinking, *"Fine. I'll do this for now and after it's over I'll be cured anyway."* Then comes the pain and fear of finding work and other adult struggles, followed by the biggest 'high' of their lives - finding a job. The pain and fear are over, now feeling secure, the old trigger mechanism comes back into operation. Part of the brainwashing still there and before the smell of the new work laptop is gone, the PMOer is at the threshold of their favorite online harem. The elation of the occasion blocks the foul feelings from their mind, they have no intention of becoming hooked again, but just one peek couldn't hurt... Too late! They're already hooked again.

The little porn monster has got into their body again. The old craving will start and even if they don't become hooked again straight away, post-high depression will probably catch them out. It's strange that although heroin addicts are criminals in law, society's response is to help these individuals. Let's adopt the same attitude to the poor PMOer. They're not doing it because they want to, but because they think they have to. Unlike the heroin addict, they usually have to suffer years upon years of mental and physical torture. We always say a quick death is better than a slow one, so don't not envy the poor PMOer. They deserve your pity.

Chapter 34

Advice to Non-PMOers

34.1 Help get your PMOer friends to read this book

First, study the contents of this book and try to put yourself in the place of the PMOer. Don't force them to read this book by telling them they are ruining their health or playing with fire. They know this better than you do. PMOers don't continue PMOing because they enjoy it or because they want to, only telling themselves and other people this in order to retain self-respect. They do it because they feel dependent on PMO because they think it relaxes them, gives them courage or confidence (pleasure or crutch) and because they feel that life will never be enjoyable without 'sex', at least their version of it. If you try and force a PMOer to stop, they feel like a trapped animal and wants their harem even more. This may turn them into a secret PMOer and porn will become even more precious in their mind.

Instead, concentrate on the other side of the coin. Get them into the company of ex-PMOers (blogs, forums, YBOP, NoFap, ect). Get them to tell the PMOer how they too thought they were hooked for life and how much better life is as a non-PMOer. Once you have got them into believing they can stop, their mind will start to open up. Then start explaining the delusion created by withdrawal pangs. Not only are the 'dopamine rushes' not giving them a boost, they are destroying their confidence and making them irritable and tired.

They should now be ready to read this book themselves, expecting to read pages upon pages of stories about unreliable arousal, fading penetrations, PIED, PE, ect. Explain that the approach is completely different and that references to illness are just a tiny fraction of material in the book.

34.2 Should I tell my SO?

Should I tell my wife, girlfriend or partner about my PMO habit? The intention here is that it would help you in quitting. I'm of the solid opinion this isn't needed. It would only reinforce your weakness against PMO.

If you slip, you'll feel miserable and guilty if you're following the Willpower Method. Adding the feeling of deceiving your loved one and you'll definitely be pushed through the vicious cycle of slip-lapse-relapse.

If you're caught once, just say you feel good that you got caught, are out of the prison and don't want to talk about it. If your SO breaks up with you (even for some other reason), you'll feel guilty for having screwed up your sex life with PMO, or feeling you 'sacrificed' so much if you were successful in quitting, just adding to the heart-ache.

You'll look incredibly weak and they'll treat you so - only subconsciously of course. But you can smell it, why add the stress?

If nobody knows about it, let it get buried. Nobody needs to know.

34.3 Help during the withdrawal period

If you're dealing with a partner who is quitting PMO, assume they are suffering whether they are or not. Don't try to minimize their suffering by telling them it's easy to stop, they can do that themselves. Instead keep telling them how proud you are, how much better they are looking, how much sweeter it is to be with them and how much easier they are in general. It's particularly important to keep doing this, when a PMOer makes an attempt to stop, the euphoria of the attempt and the attempt they get from friends and colleagues can help them along. However, they tend to forget quickly, so keep the praise coming.

Because they're not talking about PMOing, you may think they have forgotten about it and don't want you to remind them. Usually the complete opposite is the case with the willpower method, as the ex-PMOer tends to be obsessed with nothing else. So don't be frightened to bring the subject up and keep praising them, they'll tell you if they don't want to be reminded of PMOing.

Go out of your way to relieve them of pressures during the withdrawal period, thinking of ways to make their life interesting and enjoyable. This can also be a trying period for non-PMOers who have never had the addiction. If one member of a group is irritable, it can cause general misery all round. So anticipate this if the ex-PMOer is feeling irritable, they may well take it out on you, but don't retaliate, it's at this time they need your praise and sympathy the most. If you're feeling irritable yourself, try not to show it.

One of the tricks an addict will play when trying to give up with the aid of the willpower method will be to get in a tantrum, hoping that their partner or friends would say *"I can't bear to see you suffering like this. For goodness sake, just take your poison."* The PMOer then doesn't have to lose face, as they aren't 'giving up', they've been instructed. If the ex-PMOer uses this ploy, on no account encourage them to relapse. Instead say, *"If this is what PMO does to you, thank goodness you'll soon be free. How marvellous that you had the courage to give up."*

34.4 Help end this scandal

Internet porn is one of the dangers in a free society, piggy backing on the good willed efforts of personal freedoms. Surely the very basis of civilisation, the reason why the human species has advanced so far, is because we're capable of communication our knowledge and experiences not only to each other, but to future generations. Even animals find it necessary to warn their offspring of the pitfalls of life

The producers of porn aren't doing this in good faith, in genuine belief that they help mankind, especially now as addiction to internet porn is widely studied. Maybe in it's initial stages people genuinely believed that porn educated people on intimacy, but authorities know that's a fallacy. Watch any tube site nowadays, they make no claims about education. The only claims that are made are about the shock, novelty and escalating qualities of their wares.

The sheer hypocrisy is incredible, as a society we get uptight about school bullying and objectification of the human body. Compared with internet porn, these problems are mere pimples. The numbers of those addicted climb to new heights each year, spending quality time with imaginary and illusory pixel people at the expense of their health, virility, energy and time. By far the biggest killer in relationships, tens of thousands of lives are ruined every year because they get hooked. Internet porn producers don't advertise in mainstream publications - they don't need to, our biological urges lead us to the thresholds of their well stocked harems, giving out free samples like their local drug dealer. Nowadays, the tube sites don't so much stock the wares as much as they encourage visitors to post content.

How clever that porn companies show the 18+ warning on the home page as the deterrent for underage users, some don't even bother to do that. Internet porn affecting everyone at all ages. "We warned you of the danger, it's your choice" is the attitude they have. Do they take any steps to verify the age? No, that would discourage their customers. Of course, if age verification is legislated they'll just find another country to operate from. Or, will they pay some 'elite' to write about how prohibition resulted in bootlegging and the creation of the Mafia? Conveniently forgotten is the question of why repealing prohibition didn't result in the reduction of alcohol related casualties and the failure of law enforcement to control the Mafia's growth.

We can address this differently through education of the younger generation. If they can step around

cigarettes and alcohol aisles at grocery shops, they can do the same with internet porn as well. We're already seeing societal shifts such as 'No Nut November' and 'Coomer' memes becoming mainstream. The PMOer doesn't have the choice any more than the heroin addict does. PMOers don't decide to become hooked, they're lured into a subtle trap. If PMOers had the choice, the only PMOers tomorrow morning would be adolescents who are just starting out, believing they could stop at any time if they wanted to.

Why the phony standards? Why are heroin addicts seen as criminals, yet can register as addicts and get methadone and proper medical treatment to help get off it? Just try registering as a porn addict, if you go to your doctor for help, they'll either tell you: "*Stop doing it so much, try moderation*" which you already know won't work, or will prescribe medication to address your 'depression'. Worse is the advice to go and find real partners, seriously? Do they know of PMOers who find porn better and do it behind their partners back? Some people just don't understand.

Scare campaigns don't help PMOers to stop, making it harder. All they do is frighten PMOers, which makes them want to PMO even more. They also prevent teenagers from becoming hooked. Teenagers know that porn kills their libido, but they also know that one peek won't do it. Because the habit is so prevalent, sooner or later the teenager, through social pressures or curiosity, will try just one visit. Because free porn has awful clips, it's likely they'll become hooked.

Why do we allow this scandal to go on? Why doesn't our government come out with a proper campaign? Why doesn't it tell us that internet porn is a drug and killer poison, that it doesn't relax you or give you confidence but destroys your nerves, taking just one peek to become hooked? Why can't they enforce age verification by requesting a registered credit card, perhaps with a third party? H. G. Wells's *The Time Machine* describes an incident in the distant future where a man falls into a river. His companions merely sit around the bank like cattle oblivious to the cries of desperation. Inhuman and disturbing, much like society's general apathy to the PMO problem.

There is a wind of change of society. A snowball has begun rolling down the hill and I hope this book will help turn it into an avalanche. You too can help by spreading the message.

34.5 Final Warning

You can now enjoy the rest of your life as a happy non-PMOer. In order to make sure that you do, you need to follow these simple instructions.

1. Keep this page in your bookmarks and refer to it as much as you need
2. If you ever start to envy another PMOer, realise they'll be envious of you. You aren't being deprived. They are.
3. Remember that you didn't enjoy being a PMOer. That's why you stopped. You enjoy being a non-PMOer.
4. Remember, there's no such thing as just one peek.
5. Never doubt your decision never to PMO again. You know it's the correct decision.
6. If you have any difficulties, find and contact a therapist who is knowledgeable in internet porn. You can find lists of these online.

Chapter 35

The Instructions

1. Follow all instructions.
2. Keep an open mind.
3. Start with a feeling of elation.
4. Ignore all advice and influence that conflicts with EASYPEASY.
5. Resist any promise of a temporary fix.
6. Get it clear in your mind: PMO gives you no genuine pleasure or crutch, you are not making a sacrifice, there is nothing to give up and no reason to feel deprived.
7. Don't wait to quit, do it now!
8. Make a decision never to PMO again and never question it.
9. Remember there is no such thing as just one peek.
10. Never PMO again.

35.1 Affirmations

- I'm free from the slavery of PMO.
- It's easy to ignore my thoughts about PMO.
- Bye bye thoughts, bye bye urges. Oh, there goes my cravings.
- I focus my subconscious mind to overcome PMO addiction.
- PMO steals my time, energy and vitality.
- Beating PMO easier day by day and in every aspect.
- I enjoy and value my PMO free, strong, happy, light and easy lifestyle.
- If I look back and think about my progress, it gives me great joy and pride in myself.
- Every time I see other PMOers I get more motivated to see myself break that chain.
- All that pent up energy is healing my body and mind. Then, I can do more productive and challenging work towards my values and goals.
- My brain is getting back in correct shape, getting exercised by me *not* doing what I was previously doing.
- Now, all that pent up willpower is being utilised to handle lightweight stresses and strains of life..
- Great, I'm free and no longer a slave!

Chapter 36

The End of The Book

Hey mate, Hackauthor² again. Thanks for reading this book, I hope that it's been helpful in your PMO journey. I remember the first time I read the PMO hackbook, it was like a veil had been lifted from my eyes. The amount of freedom I felt was immense and it's been smooth sailing ever since. It really was as easy as promised.

I'd like to thank my family for putting up with the sound of my keyboard tapping during our holiday, real troopers. New Zealand was very beautiful but the thought of helping coomers was even better. As I was writing this part of in the Melbourne QANTAS lounge my dad is sitting next to me and told me that he wants to "*pour glue in all of the keys*" and it's for that reason that I can't recommend the Logitech K480 Bluetooth keyboard.

If this hackbook helped you, you can do a couple of things to help out:

Recommend EASYPEASY. Friends don't let friends suffer using the Willpower Method. If you see a guide or someone online referencing Willpower as the best way to quit, link the book and ask why they aren't using EASYPEASY.

Improve the book. EASYPEASY is open source and written in LaTeX. If you see an improvement, head to <https://gitlab.com/snug/easypeasy> and submit your suggestions. You can also join the community at r/easypeasypmo.

Donate to Alexander Rhodes's legal fund. The porn industry and it's allies are attempting to destroy NoFap through slander of it's founder. You already know how much money you're saving by quitting, help out our fellow king! <https://nofap.com/defend-alex/>

They've just ceased boarding for the flight part way through it and some people have gotten quite irate, there's already been a ninety minute delay from engineering and now the pilot wants new tyres. My family has boarded the flight already, but I missed the lift because I was packing away my tablet, so I've headed back to the lounge and have continued writing. PMOing certainly won't help the stress and now that the little monster's fix has been delayed, I wonder how many people will 'reward' themselves tonight.

While I've still got you, did you know the best way to prevent jetlag is to fast and drink minimal water sixteen hours before you need to wake up? I've done it a couple of times and it's been really useful. It's not just jetlag of course, if you've knocked your circadian rhythm out of wack for any reason, like staying up late PMOing, it might help.

On a more serious note, it's clear that the pornography hydra has grown beyond control. But, I'm optimistic for the future, while society has been slow on response, the snowball is picking up speed. I'd like you to keep in mind that you can accomplish a lot if you put your mind to it, campaign your local governments on issues you care about, such as environmental, sex education and other social issues. Instead of complaining, be proactive and ask yourself what you can do in your local community to change the world around you. When has a top down revolution ever worked, change starts with you.

Cheers,
Hackauthor²