

Kill Your Porn & Masturbation Habit

A conclusive guide on the effects of excessive use of pornography & masturbation, and how to overcome them to gain an edge in life and dating.

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Introduction

I've spent YEARS learning through trial and error how to manage the most potent energy every man has: sexual energy.

This book has been written from the perspective of developing success with women as well as general self-improvement. This ebook is to be treated as a supplement to the other material you no doubt already have, and I am pleased to offer you what I have learned in this specific area.

Me and you have an ENORMOUS advantage over the rest of the other guys out there; the information that I'm about to share with you is going to give you THE EDGE when it comes to dating, business, and life in general, especially as more and more of the "other guys" go deeper and deeper down the wrong path.

As you read this book, I ask that you keep an open mind to what I have to share. I've spent a LONG TIME struggling with managing my sexual energy, and I have developed some very effective techniques to harness this energy and apply it to my life.

The goal of this book is to help you become aware of what happens to your brain when you watch porn, as well as what happens to your body during and after ejaculation and offer some suggestions on how to manage your habits to help you raise yourself to your highest potential. Do not take anything too dogmatically or too seriously. Instead, read through and apply what you find useful.

A man's sexual energy is much like nuclear power. When harnessed and channeled properly, it can be very beneficial. When improperly applied, it can be destructive and hazardous. Abuse of pornography and excessive masturbation is like having a nuclear reactor that is leaking radiation; it's not only not producing power, but its effects are being spread over a wide area and costing significant energy to clean up and contain.

Let's learn how we can harness this potent energy and start having it serve us, and not the other way around.

Lastly, I would like to emphasize that this document is NOT to be taken for any kind of medical advice. If you feel that you may have an issue, please consult with a health care professional. I am not responsible for any use or misuse of the information provided. This document is for entertainment purposes only.

Chapter 1 – The Price You Pay For Your Sexual Energy

Car Factories

The manufacture of sperm in the testes is similar to a car factory. Car factories require enormous amounts of energy; electricity, raw material, workers, and land for the physical location of the plant. And it takes energy for the raw material to arrive at the plant, the workers need energy to work, and the plant itself needs to be in a safe location so that it can do its work uninterrupted.

Your testes are the same way. They are located in a safe place, and require raw material (food), workers (cells to carry nutrients), and energy (also from food).

Motors & Shit

Did you know that every sperm cell has a MOTOR in it, too? I'm not going to get into the specifics, but each sperm cell has a high RPM motor with a tail that whips around and helps the sperm cell get to the female egg. Talk about a high stakes race; all the other sperm that don't make it, DIE.

“The cost of producing such a high quality product is about a THIRD of your daily energy.”

In fact, in a typical ejaculation, there are enough sperm cells to impregnate the ENTIRE FEMALE POPULATION OF THE UNITED STATES.

The cost of producing such a high quality product is about a THIRD of your daily energy. Many of your internal organs are taxed and strained during production of sperm cells.

That is A LOT of energy. After ejaculation, your body immediately begins to start manufacturing more sperm. After ejaculating, you may notice that you feel weaker, more tired, and your highest aspirations are to crack open a beer and watch TV.

Common Sides Effects of Ejaculation

I've made a list of common feelings that some may feel after masturbation and ejaculation. Results may vary:

Tired, sleepy

Unmotivated

Random erections

Lethargic

Weak, low, dull voice	Wasting time/money on pornography
Anti-social, introverted, withdrawn	Afraid to ask women out
Low libido	Perverted view of women, unrealistic sexual expectations
Afraid of conflict, or anything leading up to it	Poor sexual performance
Avoid interactions	Loss of sensitivity, less intense climax
Feeling of a lack of power	Sore “member”
Pain/tissue damage, painful urination from rough masturbation habits	Guilt/dirty feeling
Missing opportunities with women	
Finding normal girls unattractive compared to porn actresses	
I can’t tell you how many times I’ve missed GREAT opportunities with women simply because I had a lack of motivation from looking at porn and masturbating. It sucked, and in order to deal with it, I would look at more porn to make myself feel better. Talk about a vicious circle.	

Casanova Guinea Pig

Way back in the year 2000 there was some guinea pig from South Wales named Sooty. This little dude managed to escape from his cage and find his way to the female cage and impregnated all 24 females held in another cage. After this amazing feat, he slept for two days. Straight.

Sound familiar? I meant the sleeping for two days part, stud. Notice how your own body feels after ejaculation.

Why Men Masturbate

In Robin Baker’s book, *Sperm Wars: Infidelity, Sexual Conflict, and Other Bedroom Battles*, Baker presents to us the reason why single men masturbate so frequently. When we are single, our unconscious mind does not know when we will have an opportunity to impregnate a female, so it will give us urges to masturbate to keep a fresh column of new sperm that is prime and ready to go. So, in a sense, it is fairly natural to masturbate frequently. However, this comes with a cost, mentioned above. Other animals have been known to masturbate as well, especially dogs. If you do not masturbate, you may experience wet dreams, and that will force your body to shed sperm. This can rarely be avoided, but it is possible.

So, what we are essentially doing is attempting to maintain a column of old sperm that does not require maintenance or replacement, allowing us to focus on other areas of our life.

Summary

So yeah, there are little Ferraris that you produce in your body that ultimately race towards their destruction, and your body is working around the clock to replace the ones that were lost. Imagine being a factory worker that was forced to work 12 hour days for YEARS. They'd get burnt out. That's what a lot of us guys are doing to ourselves.

A lot of us guys developed our masturbation habits in our early teens, and we've pretty much kept them up for many years. This means that it will be very challenging to change this habit in a way that serves us. Challenging, but very doable, and very rewarding. Later on in the book, I will teach you the basic science behind how habits develop, as well as how to create new ones.

In the documentary, *Sex Addict*, there is a man who masturbated so frequently that his internal organs began to give him sharp pains. Your body draws energy from your internal organs to help produce sperm. Obviously he is an extreme case, but think about it for a while. And while it is natural to shed sperm, this man did it excessively.

Our goal is to take control of our unconscious and conscious mind and put it to higher use.

Chapter 2 – Porn!!!

Innocent Beginnings

I remember my first misadventures with porn. That shit was a currency; a wrinkled, torn out page from Playboy could earn you some serious bartering leverage as a kid. I could trade porn for just about anything; Pokemon cards, GameBoy games, sodas, candy, anything I wanted. It was GOLD. My career as a wrinkled-torn-out-porn broker didn't last too long though, thanks to the internet.

The Evil Empire

Ah, internet porn. Guys used to have to sheepishly go to a convenience store and awkwardly ask for a specific magazine that usually sported a black plastic cover, or wait for them to come in the mail (Remember that scene in the beginning of *Billy Madison*?). Now all we need to do is get on any computer or smartphone, and we have an infinite array of chicks and other combinations.

Ever wonder what goes on behind the scenes of many of these movies? The actresses often come from backgrounds of broken families, drug addiction, abuse, etc. What you don't see in the videos is the women crying, vomiting, and disoriented under bright lights. The actresses often take a variety of drugs to cope with the physical and emotional pain. The males often use Viagra to enhance erections, and are often on steroids.

The male actors themselves are often uncomfortable at first, maintaining an erection when there are half a dozen people pressuring you to perform can lead to... hydraulic problems. If you know what I mean. Plus you need to be in all kinds of weird positions so that really don't feel that good, but are performed for the sole reason of getting a good angle on the girl. The book *How to Make Love Like a Porn Star* by Neil Strauss and Jenna Jameson has a good section on what it's really like to be a guy in a porno movie.

The purpose of this section is not to convince you that porn is bad, it is to simply make you aware of the realities of the porn industry. There are also some actresses and actors that enjoy their jobs, and you can see them for yourself in the documentaries listed at the end of this book.

Unrealistic Expectations

The whole porn industry is based on a fantasy.

No, I'm not going to go all "corporations are evil" on you.

But what do you think the effect of watching hundreds of perfect and flawless girls getting pounded by jacked and well-hung men does for the regular guy's view of reality and self-esteem?

That girl that you saw on the street the other day cannot POSSIBLY compete with the voluptuous brunette you watched the other day.

And will start comparing yourself with a roided out freak with a 12 inch dong.

So, after a few years of this kind of conditioning, what can one expect? First off, most men will be insecure about their penis size, because they are constantly comparing themselves to what they see on screen. Any woman that does not look similar to the flawless porn actress isn't even worth talking to. And why should she? You can have access to a much sexier woman instantly via the internet.

Is that self-destructive or what?

Looking at porn also conditions you to be visually stimulated by a woman from a third person rather than up close. People are typically very close to each other when they're having sex.

There are entire industries based on exploiting people's insecurities, and many of them can be very damaging to both men and women's psyches.

Notice how you feel after masturbating to porn. How well can you look at people in the eye? How are your interactions with women?

Addiction to Porn, and the Seven Day Challenge

I have a challenge for you. Can you go without porn and masturbation for seven days?

If you can't, you may have the challenge of addiction to pornography.

Let's learn about our brain real quick. Put on your nerd hat.

There's a chemical in your brain called dopamine. It's the chemical responsible for you feeling happy. It's your brain's way of "rewarding" you. Eating tasty food can release dopamine. Having great sex can release dopamine.

There's a drug out there called heroin. Heroin raises dopamine levels in the brain to extreme levels. Heroin is a very addictive drug, because of its direct connection to the release of dopamine. A heroin addict has to use more and more of the drug to maintain a high. Whenever the addict isn't high on heroin, the brain releases very little dopamine, giving the addict an incentive to go back to heroin just to feel normal. Go online and look at the "before and after" photos of heroin addicts. It's very shocking what this stuff can do to you.

So what the hell does porn have to do with heroin? Doctors have said that an addiction to porn is like having visual heroin. Except porn can be accessed at any time, for free or little cost, especially compared to actual heroin. The first time you take a hit of heroin, the high is intense. Just like the first time you looked at porn, the experience was very intense. However, over time, you need to get more and more of both in order to achieve the same effect. It's kind of like eating junk food for several days straight: the last few bits of food weren't as good as the first.

So not only are you doing something that physically depletes you, but something that can also be psychologically damaging. It's kind of like ignoring the maintenance on your car; if you don't change the oil, your car won't run as well, use more gas, and it'll physically wear out the engine faster.

It's amazing how many guys put so much work into their cars, but ignore their own bodies. When it comes to being successful with women, who do you think will do better: the guy with the mind and body of a fine-tuned Italian sports car, or the guy with the mind and body of a shabby pinto that belches smoke and needs to be jump started every other time?

The issue of porn addiction affects men of almost every status; from teenagers to college students to even Wall Street regulators and celebrities. You're not alone. Check out the recommended videos at the end of the book for some good videos to watch.

Dopamine

Now that we have an idea of what dopamine is and what it does to your brain, let's turn to a study done in Amsterdam. A bunch of smart dudes took another smart dude, Mr. A, who was healthy in all aspects (socially, physically, mentally, etc.) and gave him a drug that would suppress dopamine release in his brain. Here's the timeline of events:

7 Hours - After 7 hours, Mr. A felt more distance between himself and his environment. Stimuli had less impact; visual and audible stimuli were less sharp. He experienced a loss of motivation and tiredness.

18 Hours - After 18 hours, he had difficulty waking up and increasing tiredness; environmental stimuli seemed dull. He had less fluency of speech.

20 Hours - After 20 hours, he felt confused. He felt tense before his appointment and had an urge to check his watch in an obsessive way.

24 Hours - After 24 hours, Mr. A had inner restlessness, flight of ideas; his ideas seemed inflicted, and he could not remember them. He felt a loss of control over his ideas.

28 Hours - After 28 hours, he felt ashamed, frightened, anxious, and depressed. He was afraid that the situation would continue. At that time, blepharospasm, mask face, and tremor were noted.

30 Hours - After 30 hours, he was tired and slept 11 hours.

42 Hours - After 42 hours, he had poor concentration. In the next hours, he returned to normal.

These are known as withdrawal symptoms. If your brain has become accustomed to porn and you go without it for a while, you will experience a few or all of these symptoms, much like a drug or alcohol addict would. I'm not saying that if you keep going you'll become a homeless guy who scams people so he can get his fix off porn, but you can see why it's not so positive.

Testosterone

Testosterone is the hormone that is responsible for making you a man. It is responsible for your manliness; hair, muscles, and bigger bones (compared to the female). Testosterone is also the hormone that makes you horny. It also makes women horny, as they have it in small amounts.

A study was done by Chinese researchers on the levels of testosterone after ejaculation. They discovered that testosterone levels would increase in a linear fashion for six days, and then peak on the seventh day after ejaculation, and then would come back down on the eighth day. Take a look at the “further reading” section for a link to the paper.

Some of you may find it very useful to take advantage of this cycle. Testosterone is VERY helpful in regards to success with women; it gives you the confidence, drive, and motivation to not only go after women, but after whatever you desire in life. A good way to capitalize on this is to make sure that the seventh day falls on a day where you are likely to run into a bunch of women, such as a Friday or Saturday night.

Testosterone can also be increased by eating better, good sleep and exercising, and I recommend you do so. That way you can maintain a good level of testosterone after day 7. Foods high in zinc, healthy fats, raw fruits and vegetables, etc.

Chapter 3 – Set Yourself Up For Success

Introduction

In this chapter we are going to go over techniques that you can use to help you get over your porn addiction.

First Step: Get Rid of All Your Porn!

This in itself may be a harder than the seven day challenge. All that time and money you spent on your vast collection... GONE!

If you have THAT much invested in your collection and don't want to delete/throw it away, here's a suggestion:

Get ALL of your stuff together. Transfer your digital porn files to a portable hard drive or memory stick, and keep it SEPARATE from your computer. Put all of the physical stuff into a cardboard box, and seal it. Put the box somewhere out of the way, in a place that you rarely ever go to.

You will get to the point where you will no longer feel the need to have a porn stash, and you'll get rid of it without as much pain.

Getting rid of right away can be a very satisfying way to mentally clear your mind and prepare it for the new you. Burning your porn collection can be very symbolic of a new era in your life. If it's all on a computer disk, try transferring it all to an old hard drive and then smash the hell out of it with a hammer. You don't need that shit anymore; you're above it.

Set Up Some Boundaries

One challenge that I had was restarting my collection, reverting back to Day Zero, and then deleting my entire collection AGAIN. And then beating myself up for losing my willpower.

I found that the best way for me to avoid the temptation was to set up parental blocking software on my own computer. I've been using K9 Web Protection, because it's free.

These programs require an admin password, and what I do is set up an impossible to remember email address, and an impossible password to remember. Then I would keep the password in a secure location such as in my email, or a separate memory stick. I've evolved to the point of keeping the password at work so that if I want to view a certain webpage, I would have to wait until I got to work to send myself the password. Usually by then I'd have "sobriety" and I'll be able to judge if I REALLY need to view that web page. I've also blocked a handful of websites that

waste my time, such as YouTube, Facebook and Digg. Now I've minimized the amount of time I spend on the computer, giving me the time to go out and socialize, and do other productive things.

I also had to install software that would delete my computer's recently deleted files, because when you delete something off your computer, it doesn't actually get deleted; the file is just marked as being allowed to be written over by a new one. Download a program called "Eraser" to erase these file traces so that you're not tempted to recover your porn stash.

Also, block software that allows you to install linux on a USB drive, as this is another way around the filter.

You will find ways to get around the filter; it is up to you to take the initiative and block the ways you find to get around it.

After a few months or even weeks, you'll notice the urge to look at porn has diminished.

There is also a text-only web browser out there, if you Google "text only browser", you should be able to find a good one out of the many that are out there.

What if You Work at Home?

Working at home can be a challenge for temptation. What I did to solve this was to sell my desktop and buy a laptop, and I would leave my laptop hidden in my car to avoid even being on the computer when I didn't need to be. And if I needed to be, I would go to work at cafés. That gave me an opportunity to get out of my house (the most common place that causes me to revert to Day Zero) and potentially meet some women. I know that your personal circumstances can be different, but you can find a solution if you're creative and dedicated enough.

Identify Hot Spots

Think about where you revert to Day Zero the most. For me, it's at my house. Find a way to set up your daily routine so that you avoid your "hot spot". I've set up my house so that the only reason I have to be in there is to sleep, shower, or change clothes. That FORCES me out of my comfort zone (since it's boring as hell at my house when I'm alone) and into public. Avoid boredom at all costs; it's the leading cause of masturbation.

Affirmations

Practice daily affirmations. That means write down positive statements on a piece of paper and read them out loud to yourself, at a minimum of ten times per sitting. Good affirmations usually start with "I", for example, "I am a confident, interesting person." Try not to include the word "porn" or "masturbate" because what affirmations do is speak to your unconscious mind over and over, and it cannot distinguish the context of words, so all it will hear is "porn porn porn".

Stick to positive words only. I do these every morning when I wake up, and every night before I go to bed. I keep a pad of paper by my bed so that there's no excuse for me not to do them.

Morning Wood

This one is still a huge challenge for me. Waking up with my “morning thoughts” can lead to other thoughts. The best way that I have been able to deal with this is by setting up a solid morning routine. I get up, drink water, brush my teeth, make my bed, do my affirmations, and go to the gym. Then I come back, shower, change, and head straight out the door to my appointments. The key is to stay busy. Morning erections are the most potent as well, because your body and mind have been supercharged with sleep. Use this to your advantage to propel you through the day.

Make sure that on days that you don't have anything to do (weekends, for example), that you set up some kind of routine to start your day. Otherwise you'll be tempted by boredom.

You also need to make sure that once you wake up, you get up IMMEDIATELY. Don't waste time in bed by laying there for 45 minutes. All that will do is make you tired all day.

Triggers

Identify things that trigger a compulsion. That may be anything from a movie that shows a girl topless, to feeling stressed out. Find out what these triggers are, and find a way to set up your life so that these triggers are minimized. Nothing sucks more to be on a record streak and then breaking it because you saw a nice pair in a movie. Find ways to calm you down; I noticed that I get “smarter” when I take a walk when I'm tempted.

Tracking Results

I've found that it really helps when I track my results. I have a whiteboard in my room, and I track what day I'm on. Recently I've started to write a little note to myself every day, like “Dude, two days until you break your record!” or “Awesome job”. Yeah, it's a little self-helpy, but it works for me. I also journal about my progress, that also give me an opportunity to focus and reflect on myself.

Support Groups

Look for a sex addicts group in your local area and come to their meetings. They provide a safe, non-judgmental environment. You will meet other people who have similar challenges, and it's one of the best ways to get help. Some of these meeting are organized by churches, so if you have not been to church, keep an open mind and remember that you're going to do what it takes to get rid of this habit.

Substitution

Maybe you're feeling the need to masturbate because you're bored. If you've noticed that you do it because of boredom, you need to replace that with something. The same principle is applied by people who wish to stop smoking; instead of lighting a cigarette they eat some candy or chew some gum. Find something to do. Remember that you need to take ACTION; a pond full of still water will begin to get nasty and have mosquitoes and start to smell bad. A brook or stream will be fresh because there is no opportunity for the sediments to settle down and be calm enough for nasty critters to start breeding there. Stay active, find something you enjoy. Don't just read this section and THINK that it's a good idea, go OUT and DO SOMETHING! Go to a shooting range, go rock climbing, SOMETHING.

If it's caused by anxiety of frustration, find a way that works for you personally. What works for me is swimming and running. Running actually helps your emotional health.

You Want Me To Put THAT On?

A VERY effective tool that I discovered from the edgier side of the sex world is to wrap my junk in plastic. A time-tested technique from the world of S&M.

Woah there. I know EXACTLY what you're thinking. Yeah, it's pretty weird. But it all depends on how determined you are to take control of your life. And it's not like anyone would know.

I highly recommend a genuine CB-3000. I bought knock-offs from eBay at first, but it was cheap and ended up breaking on the FIRST NIGHT. Invest your money on a quality product. These things take some getting used to when it's time to go to bed, and it actually feels good when you're going about your day.

Get a Girlfriend

Getting a girlfriend is a GREAT way to get this part of your life handled. When you know that you're getting laid on a consistent basis, you won't feel the need to sexually satisfy yourself in a negative way. While looking at porn and masturbating can make it hard getting a girlfriend (and is often the very goal of getting this area of your life handled), you can still do it. It helps your confidence and makes you realize that you'd rather fuck a girl than fuck your hand.

Plain Old Discipline

Just willing yourself can be enough to get a handle on the desire to look at porn. The suggestions in here are simply for those times where your emotions take over your logic. Humans are emotional creatures, and we will do things that aren't logical at times. Set up some boundaries that you feel you may need if such a time comes. I highly recommend going through Tony Robbins' "Personal Power II" audio program, it's a 30 day program that helps you create positive change in your life, as well as how to gain the leverage you need In order to help yourself achieve ANY goal.

Chapter 4 – Focusing Your Newfound Energy Towards a Higher Goal

Responsible Use of Nuclear Power

So in WWII, the USA finally developed a method of exploiting nuclear energy. Needless to say, that energy was used in a somewhat destructive way. Later on we started to use it a little more responsibly, by building nuclear power plants to provide energy to nearby cities.

But this energy needs to be constantly monitored and maintained to avoid a catastrophic meltdown.

You must do the same with your newfound energy.

Napoleon Hill and Think & Grow Rich

Napoleon Hill's famous book, *Think And Grow Rich*, has an ENTIRE CHAPTER dedicated to sexual energy. It's in chapter 11, and its titled "The Mystery of Sexual Transmutation ".

A quick search on Google brought me this definition of "transmutation":

trans·mu·ta·tion/ˌtransmyʊˈtāSHən/Noun

1. The action of changing or the state of being changed into another form: "the **transmutation** of the economy".
2. The changing of one element into another by radioactive decay, nuclear bombardment, or similar processes.

Look at the second definition. Do you think that Hill's choice of words is appropriate?

We're going to focus on the first definition. Much of that chapter talks about how harnessing and converting sexual energy can be used to accumulate whatever the person desires. In my case, it's chicks and cash. It may be different for you.

Hill explains that conservation of sexual energy is very motivating. I remember a few years ago, I met a girl that I had not seen for almost eight years. She was gorgeous, and I remember very vividly how motivated I became towards improving myself. Being young, I wasted much energy learning about cars and how to make them look all flashy to try to impress her instead of working on myself, but it was still a valuable lesson. A handful of other times a woman would inspire me to conserve my sex energy and I would focus heavily on a higher purpose. Many great men in history have been inspired by women in this way.

Hill wrote his book in 1937, decades before even talking about masturbation was considered taboo. When you read the book, you will notice that he does not directly say “masturbation”, but instead alludes to it by writing things such as “If not given this form of outlet, through transmutation, it will seek outlets through purely physical channels.”, “If it is not transmuted into some creative effort it will find a less worthy outlet.”, and “Far from becoming geniuses because of great sex desires, the majority of men *lower* themselves, through misunderstanding and misuse of this great force, to the status of the lower animals.”

The “status of lower animals”? Woah dude. That’s harsh. I recommend you go out and buy *Think And Grow Rich*. It’s REQUIRED reading for anyone who is on their way to ANY kind of success. Mentioning that book to someone who has read it will put you into a whole new league.

Hill also has this to say:

“A river may be dammed, and its water controlled for a time, but eventually, it will force an outlet. The same is true of the emotion of sex. It may be submerged and controlled for a time, but its very nature causes it to be ever seeking means of expression. If it is not transmuted into some creative effort it will find a less worthy outlet.”

Find something that you can convert your sexual energy towards. It can be anything. I like to focus mine on surfing, swimming, and working on my business. Other people enjoy painting, sports, and other hobbies. Even video games, but I like to do activities that give me tangible rewards. Although I do enjoy the occasional game of Call of Duty and Halo.

Chapter 5 - Coitus Reservatus

What is Coitus Reservatus?

Coitus Reservatus is known as the act of making love without orgasm. After a while of abstinence, you may experience pent up sexual tension. You will be INCREDIBLY horny. This creates pressure on the prostate gland, the little gland that helps you ejaculate. There is a way to release this tension without ejaculating and forcing your body to summon large amounts of energy to restore your sperm reserves.

The PC Muscle

There's a muscle in your pelvic floor called the "PC muscle". It's the muscle that stops your urine flow when you're peeing. There are exercises that you can do to strengthen this muscle to the point that you can stop the flow of semen, and retain the energy that you would have otherwise lost. There are also techniques that enhance orgasms that go beyond the pelvic area, and the orgasmic energy will travel up your spine and into your head. It's very relaxing, and since you didn't ejaculate, you can continue making love to your partner after a short break. There are many guides that offer in depth instructions on this technique. However, it is NOT an effective birth control method, just because you don't ejaculate does not mean you cannot get a woman pregnant.

The other benefit to this is that you release sexual tension without ejaculating, allowing your body a break from having to shut everything down to produce sperm again.

Other Techniques

There are many other techniques on methods of having sex without ejaculation. *Taoist Secrets of Love: Cultivating Male Sexual Energy*, by Mantak Chia offers a comprehensive guide on having sex without ejaculating; you still have an orgasm that relieves sexual tension without ejaculating and the energy loss that comes with it. There are also many other resources out there that can help you learn these techniques.

Chapter 6 – Habits

Cow Paths in Boston

Have you ever been to Boston? The streets there are crazy. The reason for that is because back when Boston was rural, there were cows running around. These cows would take the path of least resistance, and soon dirt paths were created. Soon these cow paths became roads, since it was easier to drive a carriage through those paths than to slog through uncertain terrain. Then the paths started getting paved over, and then the city grew up to become modern day Boston. The streets are not very efficient, and have all kinds of weird twists and turns. It's an example of how NOT to plan streets for ANY civil engineer.

This is similar to how habits are formed. Except these roads happen literally in your brain. When you do a new activity, your brain creates a new set of neural connections. The more often you do that new activity, the more reinforced those connections become, kind of like paving a road. Eventually this chemical called myelin coats these connections, kind of like insulation for an electrical cable, and a new habit is formed. Now this habit has created a highway in your brain.

The reason the brain does this is because it's efficient. You only have so much concentration available to you at one time, and it would be a waste of mental resources if you had to put intense thought into every action. When you see a baby struggle to take its few steps, you can see how much it concentrates just to stay standing. A few years later, the baby has grown up and doesn't have to think consciously to walk.

It's the same way for driving a car. Remember when you had to put a lot of mental effort into driving a car? After a year or two, it takes almost no mental effort, and people are doing things like eating and texting while driving because they have the extra mental energy left to do other things.

Teenage Habits

Many guys started masturbating since they were teenagers. The habits formed during the teenage years are very potent because the brain is also still developing. Many young men today have compulsive habits of excessive masturbation, and it can be detrimental to many aspects of their life.

Rockets

Creating a habit is very challenging. It is like launching a rocket into space; tremendous amounts of energy are needed to escape the earth's gravity, and once it leaves the earth's gravity, it needs to be at the right trajectory so that it stays in orbit instead of flying off into deep space, or falling back to earth.

Fortunately, like launching rockets, we have a process that is successful (most of the time).

Launching Habits

The time period that it takes to successfully launch a habit takes about four weeks. I'm not going to give you a set amount of days, because the amount of time it takes for an individual varies. But let's look over the major launch phases of a habit.

Days 1-3: Full Burners

This is when you're all psyched up to form a habit. Your motivation is high, your enthusiasm is good. Your "rocket" is on the launch pad, getting checked out by crews and being fueled up. Scientists are triple-checking calculations and finally give the "Good to Go".

These first three days will be very optimistic; you're psyched up and enthusiastic about getting this area of your life handled. Not that many problems.

Days 4-10: Gravity and air drag

This is the point where your rocket lights off, with the blast reverberating windows, scaring small animals, and leaving spectators in awe. The rocket is burning large amounts of fuel, fighting the pull of gravity as well as pushing through the air. This is where most of the energy in the fuel is spent. This is a critical time in habit building, you will be challenged to be pulled back down, and nearing the point of being burnt out.

This is the most challenging phase, because you will have all kinds of mental friction and challenges here. The key is persistence; I had trouble getting to Day 5 for MONTHS, then Day 5 became a normal thing, but Day 7 was a challenge. Just be nice to yourself and don't get too down if you regress, and be sure to reward yourself for breaking barriers; take yourself out to a nice restaurant, buy a new jacket, get a surfboard, whatever you feel you deserve. I noticed that I would be VERY motivated to meet the ladies, and I felt like I was on a roll.

Days 11-28: The Edge of Space

By this time, your “rocket” has escaped the major pull of gravity. It now requires less energy to continue forward, but you can still be pulled back if you’re not careful. By now your habit does not take as much mental effort.

You’ll be feeling good and distant from your struggles. Momentum is going good, and you will start to realize that it’s just not worth all the shit you put yourself through to regress. Better to keep going than fall off the wagon.

Days 29-forever: Orbit

By now you are in habit “orbit” where the momentum and trajectory from the launch are now serving you, and you no longer need to expend so much energy to do things. However, one push in the wrong direction can force you back into re-entry (regression).

At this point, looking at porn and masturbating is nothing but a decaying habit, like being able to find the shifter on your first car that is now long gone.

The main thing is momentum; keeping a productive lifestyle that is fulfilling is the best way to go about this. Going through Tony Robbin’s “Personal Power” program is a GREAT way to supplement these thirty days, as he shows you a lifestyle as well as the psychology behind changing your life.

Chapter 7 – Regression

It Sucks

Regression is simply when you revert back to your old habits. You've gone two weeks without porn, and then all of a sudden the impulse strikes you, and you find yourself going on a binge, and then feeling bad that you didn't meet your own expectations.

What to Do

First of all, don't beat yourself up too much. It happens. It'll maybe happen again. When you regress, ask yourself, "Did I make progress?" as well as "What did I learn about myself?". Learn from your mistakes, and be sure to look back at yourself a few months ago and see how far you've come. Find out what triggered it, and take steps to make sure it doesn't happen again.

Chapter 8 - Conclusion

Farewell For Now

This isn't something that happens overnight. This takes months of dedication and effort, disappointments as well as sweet successes. The day that you experience your first success (whatever that may be), you will feel a shift in your mind. You will never go back to being the same. This may be as simple as approaching a girl, or taking one home from the bar.

You need to know what you want and GO FOR IT. So many dudes out there have no sense of direction or sense of themselves. Ask yourself; what is more important to you, looking at porn and living a shitty, lazy life, or NOT looking at porn and getting chicks and being satisfied with your life?

I'm not responsible for how you live your life. YOU ARE. I merely give suggestions.

The Author's Lifestyle

Most of this book comes from my personal experience. I may be missing some aspects about this whole thing that other people experience. If so, let me know!

Here are a few random tidbits about my own lifestyle:

- Eating fruit for breakfast, a tuna sandwich and broccoli for lunch, and chicken for dinner with broccoli.
- Doing 35 pushups every 30 minutes when I'm at work. I have a kitchen timer that I use to remind me when it's time to do my quick exercises.
- I no longer play video games; there are no video game systems in the house anymore. I'll still play at someone's house, but not at my own place. This keeps me from being at home all the time.
- I no longer use FaceBook; I noticed that I was getting narcissistic and down on myself for not being as cool as everyone else just because I don't make it a point to take photos of myself all the time. I also didn't like the fact that women could creep around my profile and see the girls I'm talking to :) I also suddenly had tons more time; enough time to research and write this eBook!

Obviously these little habits aren't for everyone. Some of you may find them impossible to consider, others may think they're great ideas and try them out. Do what you want.

Contribute to the eBook and website!

Feedback is VERY important. Please share what you got out of this book, what you think should be improved, what you didn't like, what you did like, testimonials, suggestions, as well as techniques that will help other guys out. Send an email to sexualenergybook@gmail.com.

Chapter 9 – Recommended Media

Blogs

The Modern Savage

Porn Addiction and the Fall of Men

<http://themodernsavage.com/2011/02/28/porn-addiction-and-the-fall-of-men/>

Time to Quit Masturbating

<http://themodernsavage.com/2006/10/27/punching-the-clown-time-to-quit-masturbating/>

Effects of Male Masturbation on Attracting Women

<http://themodernsavage.com/2009/02/04/effects-of-male-masturbation-on-attracting-women/>

Misconceptions of Male Abstinence and Ejaculation Theory

<http://themodernsavage.com/2009/05/01/fapping-with-4chan/>

Articles

Psychology Today

Was the Cowardly Lion Just Masturbating Too Much?

<http://www.psychologytoday.com/blog/cupids-poisoned-arrow/201001/was-the-cowardly-lion-just-masturbating-too-much>

Unexpected Lessons from Porn Users

<http://www.psychologytoday.com/blog/cupids-poisoned-arrow/200910/unexpected-lessons-porn-users>

Orgasm's Hidden Cycle

<http://www.psychologytoday.com/blog/cupids-poisoned-arrow/200908/orgasm-s-hidden-cycle>

New York Magazine

He's Just Not That Into Anyone

<http://nymag.com/news/features/70976/>

The Sydney Morning Herald

How the hardcore porn industry is ruining young men's lives

<http://www.smh.com.au/opinion/society-and-culture/how-the-hardcore-porn-industry-is-ruining-young-mens-lives-20110517-1erac.html>

The American Journal of Psychiatry

Subjective Experiences During Dopamine Depletion

<http://ajp.psychiatryonline.org/cgi/content/full/162/9/1755>

Journal of Zhejiang University

A research on the relationship between ejaculation and serum testosterone level in men

<http://www.springerlink.com/content/ex81g84768642505/fulltext.pdf>

Times Online

Wall St regulators spent hours watching porn instead of monitoring crisis

http://www.timesonline.co.uk/tol/news/world/us_and_americas/article7106889.ece

Websites

www.celibacy.info

www.yourbrainonporn.com

www.settingcaptivesfree.com

www.porn-free.org

www.no-porn.com

Audio

Break Free: End Porn Addiction by Wendi Friesen www.wendi.com

Overcome Porn Addiction – Uncommon Knowledge with Mark Tyrrell

Books

The Way of The Superior Man, by David Deida

Think And Grow Rich, by Napoleon Hill

Taoist Secrets of Love: Cultivating Male Sexual Energy, by Mantak Chia

The Porn Trap The Essential Guide to Overcoming Problems Caused by Pornography - by Wendy Maltz

Videos

9 to 5 – Days in Porn - (2008) www.9to5daysinporn.com

Addicted to Porn – *Visual Voodoo*, BBC

Sex Addict – (2005) (TV Show) Director: Francine Shaw Stars: Mark Strong

Why Men Watch Porn – (2009) *Virgin Media Television Ltd.*
The Dark Side of Porn – (TV Show) *BBC*