

Chapter 1:- What you get

Hello yar. Look! In this ebook. I am going to talk with you as a brother, a friend, because I was also on the same stage as you. I also watch so many youtube videos. I also followed the Salil jamdar challenge, but still, I failed.

But one day something happened to me. And that thing changed my world forever. And in this ebook, we will discuss everything in detail, but before that, let me tell you something so that you can understand the originality of this ebook.

So, I still masturbate but only one time in a month. But in the past I used to masturbate 3-4 times in a day. Now you can understand the changes that I make in myself. One thing that you need to know is masturbation is completely fine if you do once in a month or two months, but it will be dangerous as hell if you do it every fucking day/week. In this ebook, I will explain to you each and everything, so relax and read the complete ebook. And I promise this to you. After finishing this ebook, you will see some changes in yourself. So let's start with our first chapter, "The fucking porn."

Chapter 2 :- The fucking porn

Moving forward to our next chapter, earlier we made an overview of the whole book and now we are starting with our first chapter "The fucking porn". In this particular chapter we will discuss so many myths about sex and satisfaction. I guess everybody is aware about the term myth, so basically myth is what we think that it is true but actually it's not. And they create desires in our mind which we can never fulfill. Let's understand this with the help of examples like when we were young children whenever we see a movie of a superhero like krish or **superman** we used to think that they are real characters but actually they are not. We used to think that if a spider will bite us then we will become a spiderman but can we? Obviously not. In the Spiderman movie, Spiderman bites hero of the movie on his hand and the hero becomes spiderman. Due to this scene, many children bite themselves with spiders so that they can also become spiderman. And they did this practical on themselves because of the stupid scenes of such movies. Because of this, so many deaths were noticed among children. And take one more example of **shaktiman**, after seeing shaktiman children used to think that if they will jump from the top of a building then they are not going to fall instead they will fly like shaktiman but unfortunately or fortunately it was a myth. But we don't understand this when we are used to a kid, but as we grow up we understand that this can't happen in real life, these are all just scenes of a movie or a serial. And if anybody will say now that if you will bite yourself by a spider then you will become a spiderman then obviously you guys are not going to believe on this because now you have enough maturity to understand what is real and what is a myth. So, these were some examples so that you can understand the term "myth". Now, I guess you guys are clear about the term "**Myth**".

In the same way there are so many myths in our ebook also related to sex that we will talk about one by one. The main reason for your masturbation is porn and Whenever we watch porn or movies related to sex, there are so many scenes in which they show the enjoyment of male and female by doing some stupid things but actually that's not true. We are forced to think that

everything showing in that scene is true and we will do this with our partner in future and he/she will also enjoy it by doing this. But you know what there is a big difference in our childhood myths and adulthood myths. By the course of time or age our childhood myths get clear but this is not the same with our adulthood myths, they get stronger by the course of time and age. Now, you guys are probably thinking about what the myths are?. Don't worry ! Next, we are going to move on myths related to sex. I tried my best to make you guys clear about myths. That's why I relate this to real life so that you can understand it easily. There are so many myths about sex but among all those , we will discuss some important myths here and from them if you will understand that they are not true then remaining myths will be automatically clear to you.

Myth 1: Size

In porns it is shown that the longer the size is the penis of a male and and more will be the satisfaction to females. But , actually it's not true in reality. For instance, in porn movies it is shown that a female touches a male's penis by mistake and says that "yours is too big" and their story will begin from here. The main point or the conclusion of this scenario highlights that she loves a big/large penis. And after watching this , males will think that if they have a large penis then they can make a female satisfied and this is also a need and desire of a female. I am not saying that it is 100% wrong but on the other hand it is not 100% right also. And it depends on person to person according to their desire.

If we talk scientifically about it then there are two stages of a male penis. First stage is the "**rest stage**" and the second is the "**excited stage**". Rest stage is a normal stage and the excited stage is when a male sees something sexual like porn or sexual scenes in a movie, or feeling sexual then at that time the size of his penis increases. When his penis is on the rest stage then the size on this stage is also enough to satisfy a female as the size on this stage is maximum 4 to 5 inches.

And when it is on an excited stage then the size of penis increases to 6 to 8 inches depending person to person and a person can't control this phenomenon as it is natural. And as i told you earlier that the rest stage penis size is enough for a female to satisfy her. There is part in the female genital part on which if a male penis touches then she will become satisfied and to touch that part there is no need to have an 8 inch penis. It can be easily touched by the penis when it is on a rest stage. That's why the females who used to masturbate can satisfy herself by inserting her middle finger in her vagina. They don't need a 6 or 7 inch finger to become satisfied. So, in short this is totally a myth (depends from person to person). Now, we have discussed the myth and you guys must be thinking that it is okay to think it in reality but it's not okay because it can create problems for the males who think that they have to increase the size of their penis so that they can satisfy his partner in future and to attain this he do so many things , the things which he think can increase his penis size without creating any problem to him. And to achieve this they used to do the things that assures him to help him to increase his penis size and they start following them by taking some medicine or whatever they tell them to do. As a result of this, they start losing their sperm count and can create so many sexual problems in

males. This is totally a myth and somebody wrote it somewhere and porn videos highlighted this and people started believing them.

People realise it later on when it's too late by then. And they can't tell their problem to anybody else because normally people can't share their sexual problems to friends and family members. And he try to become his own doctor due to which his problem can't be solved and this affects him a lot.

So, this is totally a myth but also not totally. If we take an average then from 100 females only 10 females think about size and for them size matters but there are 90 females and for them size doesn't matter. So, it totally depends from female to female , her desire and how sexually active she is.

So, this was the explanation of the very first myth "Size". I guess you guys are comfortable and ready to read the next myth.

Myth : 2

So, our next myth is "Pain". In porns it is shown that the more pain , the more she will enjoy. But i don't think that it's true. How can a person enjoy pain ? In porns, anal sex was shown sometime ago but govt. Banned this type of sex and even porns are ban in India now. Many of you might know about anal sex but for the other ones i will explain in short and simple manner what anal sex is. So, in anal sex male insert his penis in the butthole of his female and make a female to pretend that if she is enjoying this but actually she is not. As a person you can think that it will create so much pain to a female. But porns shows that a female enjoys this. And these things are medically unfit also for a female,she can also have a problem in excretion and many more sexual diseases can occur in her body. And even though she can face difficulty in walking, she is not able to walk properly for months. And you know that this is not all true and not a perfect sex at all.

There was a case in Haryana i guess , in that case a couple did anal sex for 14 days and due to which the female got affected and she was not able to discharge her excretory material outside her body due to which she was died. And being a human being we know the value of excretion, if we will not excrete then there is a deposition of waste material inside our body and our body can bear it to a certain extent, beyond this we will face problems in our body and can even lead to death. We can say that anal sex is worse than rape. But videos show that females enjoy this. But they are just videos and they shoot thode videos like a movie scene,they just show the enjoyment part and not that part in which females feel pain.

In short, the anal sex is wrong . whatever you see in porn about anal sex is not true. No female enojys anal sex as she feels pain in doing this . And let's say pain is common in sex but anal sex can leads to death also. How a person can enjoy her death.

We are done of anal sex and now we are going to discuss next myth.

Myth : 3

Coming to our next myth, I think you guys are clear up to this. So, let's talk about the next myth which is "sucking his penis will satisfy her". Porns usually talk about a male's satisfaction and not about a female's satisfaction. But is it really good or right? If you are doing something together then it is necessary then it will satisfy both of you. If only a female will become satisfied then also it is not a real sex and vice versa means if only a male will become satisfied then it is also not a real sex. Both male and female should be satisfied. But by sucking a penis only male partner will become satisfied and not the female instead it affects her a lot. How? Don't worry we will discuss it. After reading up to this you must have a clear vision of our motive. We just want to tell you the difference between the sex you see in porns which is really an unhealthy sex and the sex you should do in reality.

Let's take a scenario in which a male and female first do sex and then male ask female to suck his penis with her mouth. Now, you just think that how many bacteria are there in penis. And all these bacteria and germs and what not will enter her body if she will suck his penis. But whenever a person see a porn or sex related videos, generally his main and full focus is on sex and not on logics.

If we talk about a healthy sex then a healthy sex is to have a bath or to wash your genitals properly before having sex with your partner. and it consists of three steps or it is divided into three steps: **Foreplay, intercourse** and **relief**.

In **foreplay** you just do cuddling with your partner, feel her body on yourself, kiss your partner wherever you want and similarly your partner cuddles you and kisses you if she wants. But this foreplay is better and rather I would say best if you had a bath before this and proper cleaning of private parts. Actually we will discuss this in detail in our next chapter. This was just an overview which you can never learn from a porn video. Porns won't tell you what is right and what is wrong. In porns, whenever a male is about to release his sperm then the female takes his penis to her mouth and male releases his sperm inside her mouth but it's totally illogical. You just think about how harmful it is. But porns show that a female sucks the semen released from penis of her male. But in reality even they don't do this. If you really don't want to release your sperm inside her vagina then you can release it anywhere else instead of releasing it in the female body anywhere except her vagina. Or you can use condoms to release semen in it if your female partner doesn't want to get pregnant.

So these are myths that you guys show in a porn movie. And as I told you, porn destroys your thinking ability. Porn is the main reason for your masturbation. So in the next chapter we will discuss how to completely reduce the frequency of watching porn.

Chapter;-3 The frequency of watching porn.

While watching porn and doing masturbation the brain releases dopamine, a feel-good hormone which makes you feel good, satisfied, and happy by doing masturbation. And that's a trick!

Yeah, it's a trick so if you feel unhappy then you watch porn if you are feel-good you watch porn, failed in exams you watch porn. This can give you satisfaction for some time but what after that?

You feel unmotivated, your energy levels go down, aggression, depression, and whatnot. **So, is watching porn bad for health? Absolutely Yes! Why? I already answer in the second chapter.**

And in this chapter we will discuss how we can reduce the frequency of watching porn. At first it was very difficult for me to quit it and I failed many times in attempting to quit it . But what helped me slow the frequency of watching it. See there are two types or porn viewers . First one is the one that watches porn sometimes for fun and as well as masturbation and the second type consists of people who watch it only to masturbate to the video . I belonged to the second category . It means that I watched porn to satisfy my lust when I was turned on . So one way to stop watching such types of videos is to masturbate without watching porn. I was successful in quitting the porn but plan kind of backfired because if you watch masturbate to a porn video then you will be satisfied for like two days or so (but not for long since this is addiction so the requirement increases and you end up watching two to three porn videos [in my case] or more) but when i used to masturbate without porn then again my brain told me to masturbate after two or three hours. The situation became worse to masturbating two to three a week initially to masturbating twice a day at a time or 2 to 3 times a day at different times. So I resumed porn to satisfy myself for a longer period of time but the situation further worsened and I masturbated to porn 4 times AT A TIME and 4 to 5 times a day at different times. And the worst thing about masturbating at that rate was pain in testicles and swollen penis. Also penis would erect more frequently and sometimes without any reason sometime after masturbating and erections were painful. Also when I masturbated that much there would be headaches and exhaustion and my knees would hurt and I wouldn't feel well. So the question is how did i manage to quit porn???? I followed these few methods

1-Install a family filter such as Net nanny ,K9 web protection etc into your desktop and cell phones. Some are free and some are paid .But they are required because it's irresistible in the beginning as the cravings are very strong and they become weak gradually .

Do the settings of the software next day of your relapse because that is the time you are more determined to quit because of guilt.

Set a password which you are not likely to remember like AgfddsGgf\$5436 (HAHA) and mail this to one of your friends or family members .

2nd Most important

2-Switch from masturbate to rubbing yourself when cravings arise but make sure you don't ejaculate. This is to pacify your dopamine (chemical released in the brain while watching porn and the main culprit for all this). If you quit porn all of sudden your brain would ask for those dopamine levels and in absence may result into withdrawal symptoms such as anxiety, frustration, depression .

But this step is only successful if you don't ejaculate . And that would only happen if you follow the first step .

Delinking porn and masturbation is the aim here and you know both are interdependent.

Therefore gradually automatically you will lose interest in the 2nd step also and become 100% free.

3-Do some constructive work i.e

a) Exercise : In one word it is necessary.

b) Make a schedule and try to be loyal to it . It will not only give you confidence in yourself but also make you productive. Keep you busy i.e no time to think rubbish. First among them should be spending only 6–7 hours on bed out of 24 hours and the moment you open your eyes you try to run. This will give you energy for the whole day.

c) Meet people , friends . If u don't have to go and make . If you don't want to make , just go outside and watch them smiling . Listen to music .

d) Drink lots of water and don't stop natural call/waste .

This whole process requires a minimum 2 months and maximum 6 months and then everything becomes wonderful.

