

TOP 10 TOOLS

to quit porn in 2020

Compiled by:

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WELCOME, MY FRIEND!

In this document, you'll find 10 amazing resources to aid you in growing up and out of porn.

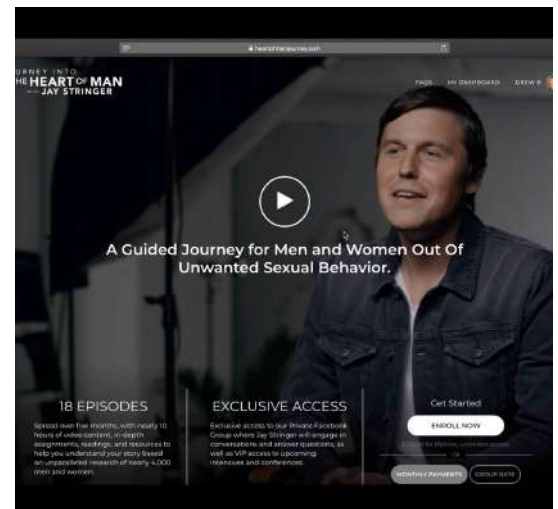
All 10 tools are available online, which means YOU can use them!

Tools 1 through 5 are FREE options.
Tools 6 through 10 are PAID options.

HOW TO USE THIS DOCUMENT:

1. Read through the resources
2. Click images to go to web sites
3. Start using your new tools!

LET'S GO!



1. FORTIFY

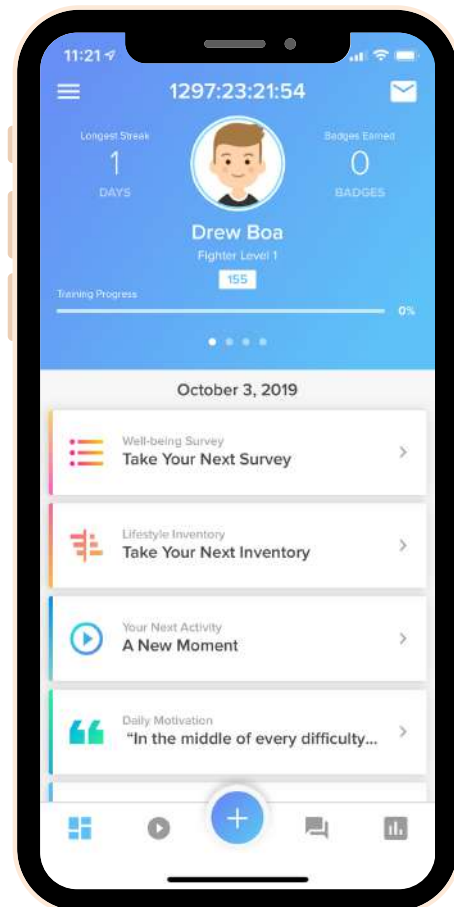
- Free Mobile App and Web Site
- Daily Tracker, Calendar, Check-Ins
- Community, Courses, Coaching
- Science-based (not Faith-based)



Personal Dashboard

Fortify is a science-based recovery tool to help individuals quit pornography.

"Fortify equips individuals struggling with compulsive pornography use – young and old – with tools, education and community to assist them in reaching lasting freedom."

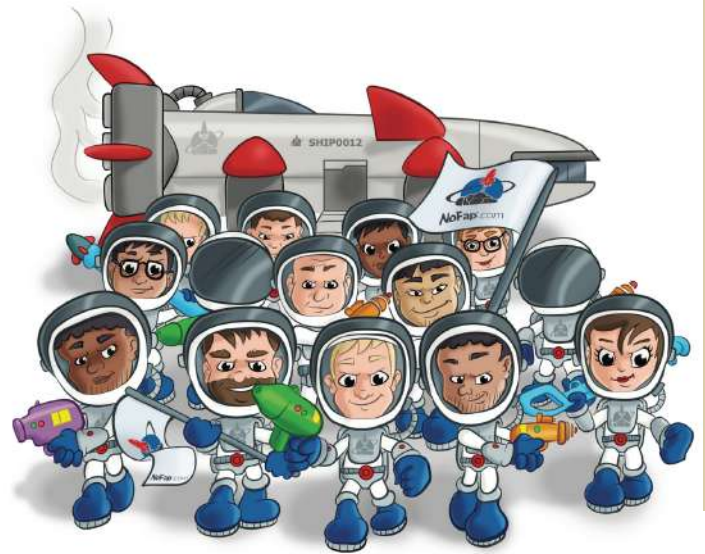


FORTIFY IS FREE!

Upgrading to a premium account is \$9.99/month
Students and teens get special deals.

2. NOFAP

- Free Community Forums
- Programs and Challenges
- Diverse Range of Topics
- Information on Porn



"NoFap® is a comprehensive sexual health platform. We're here to help you quit porn, improve your relationships, and reach your sexual health goals. Science-based, secular, and sex-positive."



Protestant Fapstronauts



Muslim Fapstronauts



Christian Fapstronauts

NOFAP IS FREE!

3. COVENANT EYES

- Free eBooks
- Weekly Blog Posts
- "Accountability Academy"
- Screen Accountability Software



**Partner Up to
Defeat Porn**

"Our goal is to equip people with tools that provide protection and encourage accountability and trust in the fight against Internet temptation. We bridge the gap between technology and relationships.™"

FREE EBOOKS!

\$15.99/month or \$183.99/year
for screen accountability software

CovenantEyes®

GET STARTED



Your Brain on Porn

5 Proven Ways Pornography Warps Your Mind and 3 Biblical Ways to Renew It

Our culture is highly sexualized, and in many cases pornography use is actually glorified. But research shows that pornography use actually changes the way you think. Download this ebook to learn the five proven ways pornography warps your brain, and three biblical ways to renew your mind.

[Download Your Brain on Porn](#)



The Porn Circuit

Understand Your Brain and Break Porn Habits in 90 Days

Science shows us that acting out with pornography taps into our powerful neurochemistry, and this can quickly lead a person to use porn habitually. The good news is that the brain has a lifelong ability to wire and rewire itself. Discover why people become obsessed with pornography, and how to break the cycle of porn use.



Porn Stats

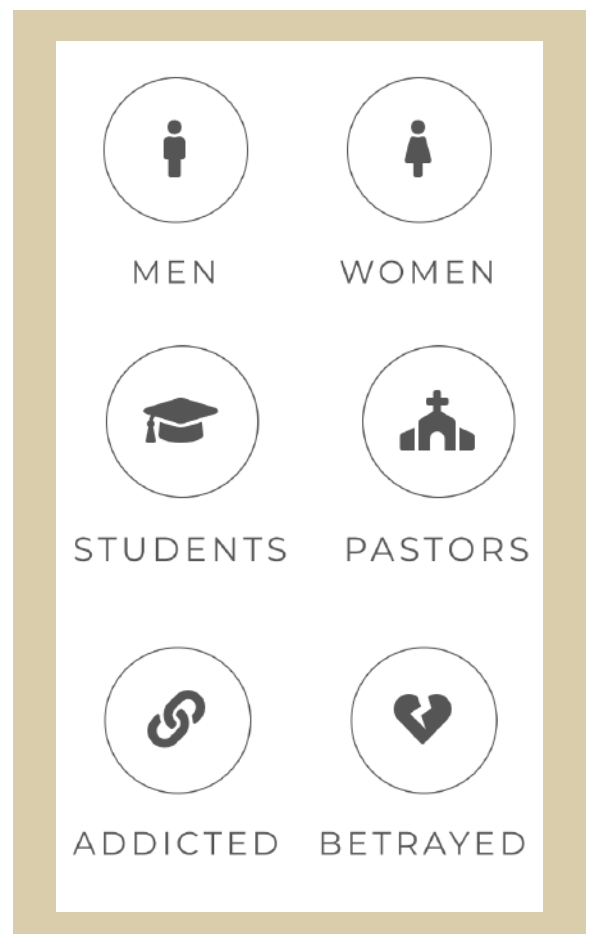
250+ Facts, Quotes, and Statistics About Pornography Use (2018 Edition)

Finding up-to-date information about pornography use can be a daunting task for a researcher. This carefully documented compilation of stats, quotes, and figures about porn use, porn and psychology, and the porn industry is a perfect starting place for your own research.

4. PURE DESIRE



- Free Tools
- Podcast and Blog
- Recovery Groups
- Online Counseling
- Events/Conferences



"Pure Desire seeks to provide hope and freedom from sexual addiction by educating and equipping church leaders in the development of a healing ministry."

FREE RESOURCES!

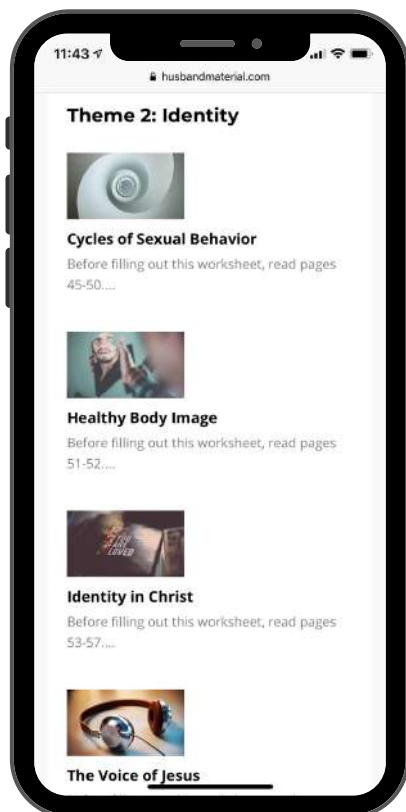
Prices vary for curriculum, groups, and counseling services

5. REDEEMED SEXUALITY

DIGITAL WORKBOOK



- Free Videos
- Free Worksheets
- Comments & Community
- Designed for men/women



This is an online course based on my book, *Redeemed Sexuality*.

It's a guide for young Christians who are starting their lifelong journey to sexual wholeness.

The course will help you grow in vulnerability, identity and intimacy.

FREE ONLINE COURSE!

6. UNWANTED

DIGITAL WORKBOOK



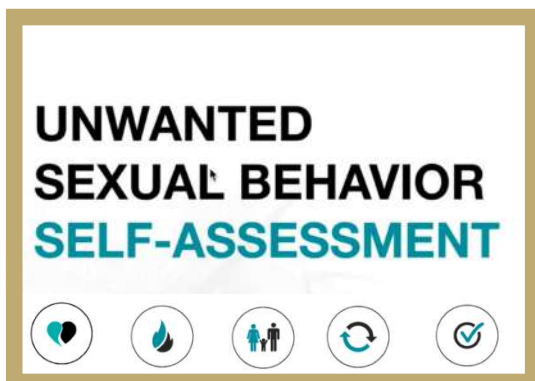
- 20 Worksheets
- 3 Instructional Videos
- Comments & Community
- USB Self-Assessment
- \$100 Coupon



This workbook is a companion to the book *Unwanted*, by Jay Stringer.

It helps you look at your life and begin to understand the story of your unwanted sexual behavior.

You can go through it on your own, or together with a trusted ally or guide, or with the support of the Unwanted Online Community (included).



\$40

Student discounts and group discounts are available.

7. HUSBAND MATERIAL COACHING

- FREE Videos
- FREE Community
- Group Coaching
- 1-on-1 Coaching



Husband Material is an online ministry helping Christian men quit porn.



Group Coaching is \$29 per month.

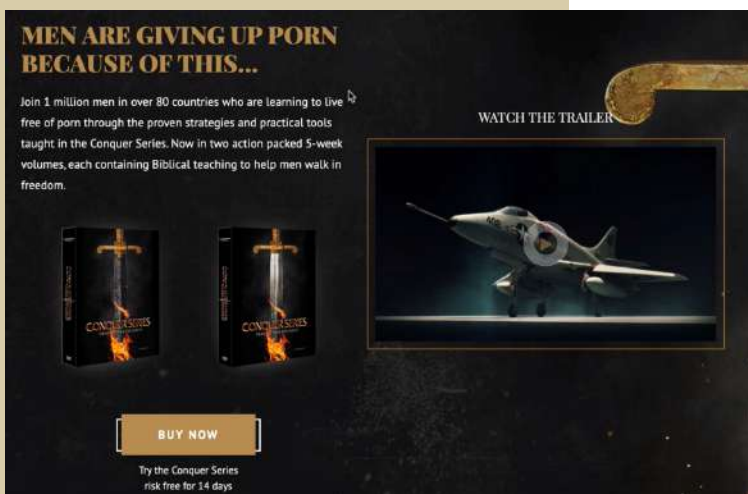
Monthly training sessions with Drew Boa, delivered live (includes access to all replays).

8. CONQUER SERIES



- DVD Series (6-12 Discs)
- Hosted by Dr. Ted Roberts
- Ideal for small group AND large group settings

"The Conquer Series is a powerful cinematic study containing Biblical teaching and proven principles to help men conquer porn and walk in freedom."



"Dr. Roberts takes us through a journey of discovery, laying out spiritual strategies, presenting scientific facts and, in military style, teaching men how to use the weapons God has given them to prevail against the enemy of their souls."

\$129.95 or \$199.90

with additional costs for study guides,
leader's guides, and journals

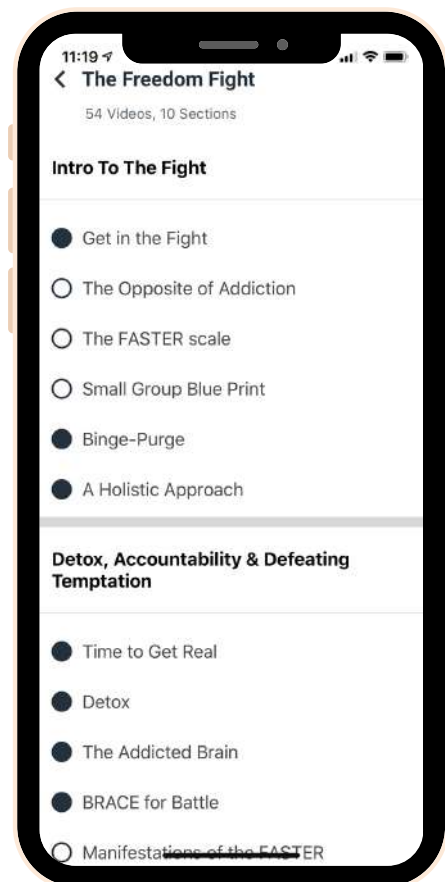
9. THE FREEDOM FIGHT



- Mobile App
- 50+ Short Videos
- Training Resources
- Smart Check-In Tools
- Small Group Support

"The Freedom Fight is an excellent tool based on Biblical truth and science that equips people with practical knowledge, insight, and Biblical wisdom in their battle against pornography and sexual addiction."

"One survey found that of those who finished the program and committed to our 3 core habits, 86% found freedom."



\$13.99 or \$49.99 monthly

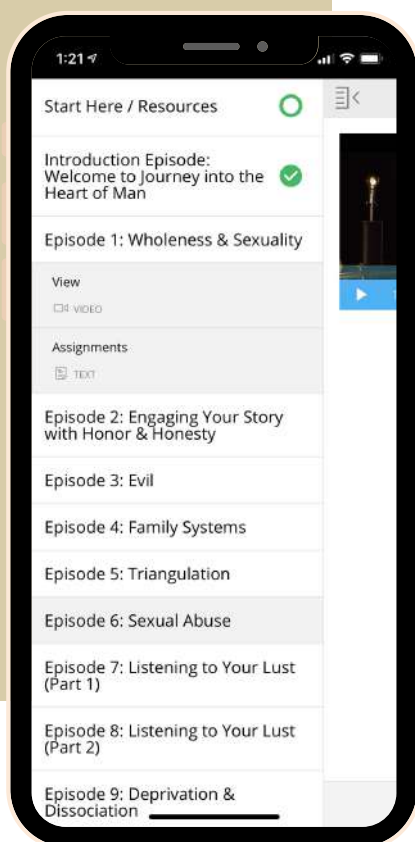
Significant discounts for students.

Price lowers after 6 months.

10. JOURNEY INTO THE HEART OF MAN



- 18 Videos (10 Hours Total)
- Detailed Assignments
- USB Self-Assessment
- The Heart of Man Film



"This series blends the cutting edge research of the book *Unwanted* with the dual-genre impact of the feature film *The Heart of Man* into a unique journey for those struggling with unwanted sexual behavior."

"We are asking you to listen and study your lust. We believe unwanted sexual behavior is actually a roadmap to healing, not a life sentence to sexual sin."

\$399.99

Watch the first episode free.

Get \$50 off with this discount code: USB2019



Top 10 Tools Recap

1. Fortify
2. NoFap Forums
3. CovenantEyes eBooks
4. Pure Desire Free Tools
5. Redeemed Sexuality
6. Unwanted Digital Workbook
7. Husband Material Coaching
8. The Conquer Series
9. The Freedom Fight
10. Journey Into The Heart Of Man