

Do you want to quit porn?

Confession to a priest, regular reception of the Sacraments, and prayer are the best help.

Here are some additional resources:



“Don’t just quit,
be transformed,
break the power of porn”
(<https://www.freedom-coaching.net/>).

Or,

“He fought porn addiction for 23 years —
now he helps other men find freedom”

(<https://bit.ly/freedomcna>;
<https://www.thefreedomgroup.co/>)



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