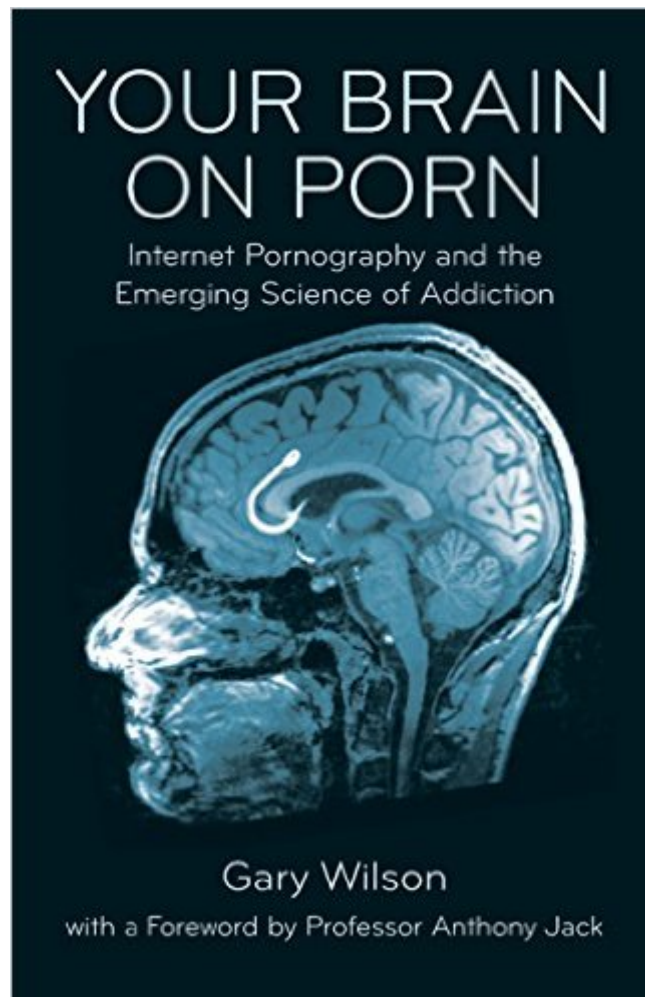


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# Your Brain On Porn: Internet Pornography And The Emerging Science Of Addiction



## Synopsis

When high speed internet became widely available a few years ago, growing numbers of people began to worry that their porn use was running out of control. Far from preparing them for fulfilling relationships, viewing an endless stream of porn videos led to unexpected symptoms. Perhaps most surprisingly, for the first time in history erectile dysfunction was becoming a significant problem for young men. This led to one of the largest informal experiments in the history of science. Tens of thousands of people have tried abstaining from sexually stimulating material in a process they call 'rebooting'. Many of them reported startling changes, from improved concentration and elevated mood to a greater capacity for real-life intimacy. Gary Wilson has listened to the stories of those who have tried giving up internet porn and related them to an account of how the reward system of the brain interacts with its environment. And now a growing body of research in neuroscience is confirming what these pioneers have discovered for themselves - internet pornography can be seriously addictive and damaging. In *Your Brain on Porn* Wilson provides a concise introduction to the phenomenon of internet porn addiction that draws on both first-person accounts and the findings of cognitive neuroscience. In a voice that is generous and humane, he also offers advice for those who want to stop using internet pornography. The publication of *Your Brain on Porn* is a landmark in our attempts to understand, and remain balanced in, a world where addiction is big business.

## Book Information

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## Customer Reviews

Gary has been instrumental in my understanding of what porn is doing to both old and young men and women in today's world. This book shows quite convincingly how porn use contributes or

causes erectile dysfunction in men, and sexual problems in women. Chapter 1 is very important reading. It provides the foundation and proof of this problem. Although the problem is widely perceived by men who are suffering from it, it has gotten almost no recognition in the world of clinicians, researchers and therapists. That should change with this landmark book. Chapter 2 shows the mechanism for porn problems in the brain. Gary's contributions include putting the pieces together that are out there, in a convincing and compelling explanation on how hormones, the brain's reward circuitry and the porn all work together to pull a man into erectile dysfunction just as today's sugary junk foods pull men and women into obesity. Chapter 3 shows the solution. Gary runs a pioneering website dedicated to helping men who suffer porn problems and so this chapter is not academic but based upon thousands of men who have been getting help on line. The book's major advantages are that it has solid proof behind it. And today's scientific and therapeutic community need that proof. The world is overly saturated in sexual triggers that cause constant sexual stimulation to become the norm. This is the desensitization that has been so harmful not just to men, but to women as well. And now finally it's clearly explained. This isn't a moral or ethical issue. It's a scientific one. But for men suffering erectile dysfunction, it's a huge part of their life.

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