

The book was found

98 Ways To Stop Masturbating: Mindsets, Tips, And Techniques To Help You Break Your Habit Of Masturbation



Synopsis

If You Have Tried and Tried to Stop Masturbating Only to Fail Miserably Over and Over, Don't Do Anything Else Until You Read This It's Possible That You Haven't Been Able to Successfully Stop Masturbating, Eliminate the Guilt and Shame Keeping You from Being Happy, and Free Yourself from This Draining Addiction in Order to Become a Better Person Because You Haven't Been Able to Find Anything That Actually Works for You. How many times have you promised yourself that "this is the last time I'm going to masturbate and I'll quit for good" only to fall back on your promise? More specifically: How many times have you decided to quit masturbating, and you consciously worked on it, but you weren't strong enough to resist the temptation? How many times has it felt like something more powerful than yourself, that you couldn't control, "took over" and caused you to masturbate even though everything inside of you wanted to resist? How many times have you spent your day or gone to sleep feeling lazy, unmotivated, unproductive, disappointed, frustrated, angry, confused, and feeling like a loser because you desperately want to stop masturbating but you can't seem to find the power to stop? If you're like me when I decided to stop masturbating, then I know it's one of the hardest things you've ever done! The worst part is that there's a sinister a part of your mind that doesn't care if you want to stop! It only wants to masturbate all of the time! This is where quitting becomes an epic challenge that you just can't seem to win... When I decided to stop masturbating, I didn't foresee it being difficult. I thought I would be able to control myself and simply stop. But it wasn't that easy.

Book Information

Audible Audio Edition

Listening Length: 1 hour 39 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Marc Summers of MajorLeagueDating.com

Audible.com Release Date: March 5, 2015

Language: English

ASIN: B00UAUYBE6

Best Sellers Rank: #26 in Books > Audible Audiobooks > Health, Mind & Body > Sexuality
#236 in Books > Health, Fitness & Dieting > Sexual Health > General #489 in Books > Self-Help > Sex

Customer Reviews

Husband seems to be satisfied

Good tips. Absolutely horrendous grammar and spelling. Seriously, the author leaves out words and has the writing style of a third grader. At times it was painful to read and insulting to my intelligence. Yes, the grammar is THAT bad. At other times it just seemed like the author was regurgitating methods just to get to 98 ways. Marc, the least you can do is re-read what you write before putting a piece of writing on the market. Not cool.

Exactly what I needed

[Download to continue reading...](#)

98 Ways to Stop Masturbating: Mindsets, Tips, and Techniques to Help You Break Your Habit of Masturbation
Mindsets for Parents: Strategies to Encourage Growth Mindsets in Kids
Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
How to Stop Masturbating: (The Easy Way)
The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All
Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop)
TIDYING UP: ORGANIZE & DECLUTTER 10 MINUTE CLEANING HABIT:SIMPLE STRESS-FREE HABIT TO SPARK JOY WHEN YOU TIDY UP
Habit 3 Put First Things First: The Habit of Integrity and Execution (7 Habits of Highly Effective People Signature)
Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits)
Habit 7 Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature)
Habit 1 Be Proactive: The Habit of Choice (The 7 Habits)
Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature)
Habit 2 Begin With the End in Mind: The Habit of Vision (7 Habits of Highly Effective People)
Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature)
How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs
Lust Free in 31 Days: Christian Men Overcoming Lust, Porn, Sex Addiction and Masturbation
200 Beading Tips, Techniques & Trade Secrets: An Indispensable Compendium of Technical Know-How and Troubleshooting Tips (200 Tips, Techniques & Trade Secrets)
Self Discipline: Develop powerful mindsets to manifest your dreams
Quit Smoking: (Free

Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)