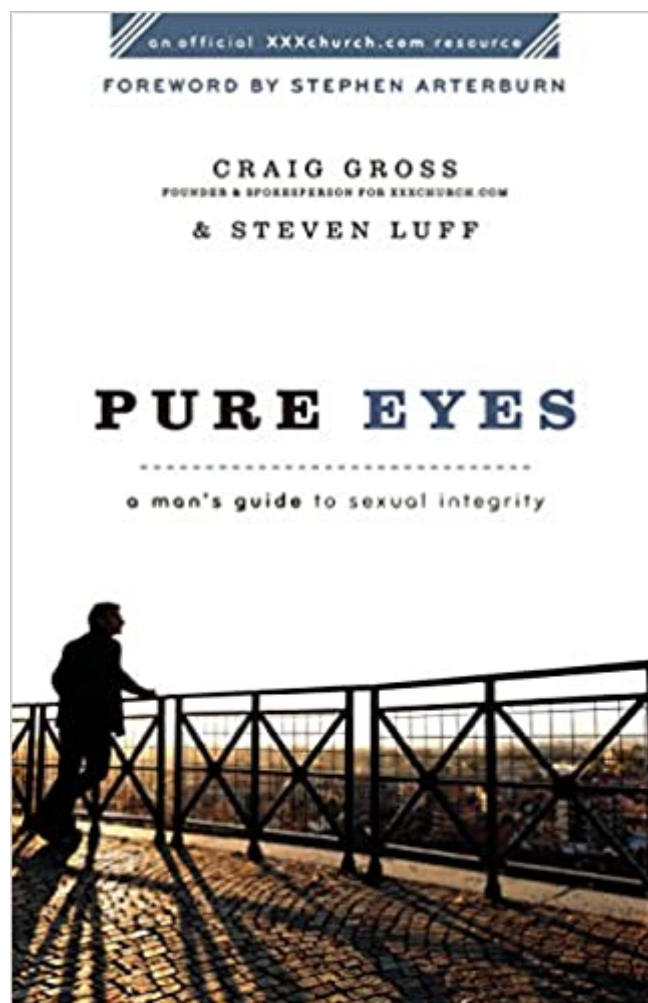


The book was found

Pure Eyes: A Man's Guide To Sexual Integrity (XXXChurch.com Resource)



Synopsis

Written specifically for men, this biblically based guide helps readers overcome sexual sin or remain sexually pure.

Book Information

Series: XXXChurch.com Resource

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Customer Reviews

You Can Be Sexually Pure
When it comes to sex and sexuality, men often find themselves in a losing battle against temptation. Whether it's overt pornography or simply oversexualized images of women, media can be a man's worst enemy. This straightforward book helps men understand and embrace the true purpose and role of sex in their lives. Whether single or married, all men must cope with sexual temptation--sometimes on a daily basis. This honest treatment of an uncomfortable issue will free you to experience forgiveness and renewal."Craig and Steven are pathfinders, and if you will follow them, you will find the real life of a man. I hope you will jump in with both feet and start walking. And when you are tempted to stop, I pray you will stay the course."--from the foreword by Stephen Arterburn, coauthor of Every Man's Battle
"Pure Eyes is pure power for the man who wants to be free. Honest. Cutting edge. Authentic."--Kenny Luck, men's pastor, Saddleback Church; author of the God's Man series; founder, Every Man Ministries
"As Christians, we've barely scratched the surface on a topic that is wrecking so many lives right now. I am encouraged and challenged to see Craig and Steven write such a vital, honest book like Pure Eyes."--Jonathan Acuff, blogger; author of Stuff Christians Like
Craig Gross is founder of Fireproof

Ministries and XXXchurch.com. He is the author of several books, including Jesus Loves You . . . This I Know and Eyes of Integrity, and currently resides in California with his wife and two children. Steven Luff, MDiv, MA, is a registered marriage and family therapist intern. Since 2008, he has led sexual addiction recovery groups affiliated with XXXchurch.com. Steven is the creator of the X3Pure 30 Days to Purity online recovery program. Currently he sees clients and he blogs for the Faith and Sex Center in Los Angeles, California. Steven lives in Santa Monica with his wife and two children.

Craig Gross is founder of Fireproof Ministries and XXXchurch.com. He is the author of several books, including Jesus Loves You . . . This I Know and Eyes of Integrity, and currently resides in California with his wife and two children.

The authors have written a practical guide to help porn addicts achieve sobriety. The highlight of the book for me was understanding the effects that porn addiction has on the brain. The authors present scientific research and also interview experts who discuss the re-wiring of the circuitry of the brain from porn use. The brain can operate on a system of rewards, so many engage in porn because it's perceived as a reward after having a difficult experience or negative emotions. They also assert that porn use is similar to that of substance abuse, like alcohol or drugs, so you must treat the addiction as such. The real question they pose is to ask yourself why do you engage in porn. That's the first part of the journey to sobriety. The second part is accountability and being in a support group, which they offer the resources and support of XXXchurch.com. The third part is recognizing and eliminating physical and non-physical triggers that cause you to turn to porn. My assessment is if one were to follow this guide to sexual integrity, freedom from sexual sin is possible, but men will always struggle with the spiritual issue of lust. However, we don't need to give in to temptation. The Holy Spirit gives us the power and strength to overcome addiction! I have been sober from porn addiction for many years and I pray for those who want to break free.

For anyone who truly wants freedom from the addictive drug of pornography this book offers a clear plan of the way to walk out as well as provide great research from Academics/Doctors in how this affects the mind psychologically and the brain/body Biologically/Physically. Porn truly is an epidemic that's robbing men and women of their bodies, life, and souls; not only for those in the industry but the end user. Don't snuff or scoff at it like it's a normal thing, look for the real truth of the destructive wake it leaves behind. Craig and Stephen take it head on by asking very specific and important

questions to the Doctors and psychologist they consulted, as well as real life stories from men's personal struggles and failures and ultimately strategies for victory and choosing to Live a Free a Pure Life by seeing what Christ has done at The Cross to set us free from this Bondage of Sin.

I have read many books on this book and related topics. All were helpful, but this book focuses on porn addiction. It is straightforward, well written, and has many statements that must be highlighted or underlined. Of great value to me was Chapter 2, covering the physiological issues of how brain development is affected when young men are subjected to porn. Very interesting and allows the reader to get another view, a scientific view, of how the brain is affected by exposure to porn. The spiritual teaching is top notch. Nothing watered down, and here is the bottom line - understanding God's love for me is critical to beating addiction to porn. I will be rereading this book. Dr. John R Frank

First the service - received quickly and in great condition. Book itself - great practical starting place - combines true life stories, good information, practical ways to help overcome by implementing that information, and resources. As a companion would recommend "Surfing for God" by Michael John Cusick as this deals more deeply with the spiritual implications of porn and actually any desire we have that we try to meet apart from God, that causes us to sin.

I got more out of this book than I expected I would. I have done a lot of reading on the subject and was a little concerned that this book would not present anything new. I found their explanation of the brain science to be clear and fit with what I already knew while also adding things I had not heard. Also, the present a clear and structured program for anyone seeking to enter recovery that is practical and can be adapted to meet your individual needs.

Been struggling with Pornography for 8 years. The shame and guilt was too much that I couldn't reveal the problem that I had to anyone. This book has encouraged me and helped me do that. Now I am in the process of getting clean and living a Holy and better life. One of the most important things that this book has helped me with is guiding me through the root causes while exploring my past which is something I have buried deep withing me until I read this book..

Very well written. It was easy to follow and gave me a lot of pointers. I am in a twelve step program modeled after alcoholics anonymous. My twelve step program is focused on God as well. As stated

before, this book is well written and it follows the steps fairly close.

This book will help any man who struggles with porn and the illicit thoughts that it binds you with. There is freedom to be found through Christ if one will follow directions that are given throughout the book.

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