

The following are archived comments from MAIN ARTICLE at www.HowToStopMasturbation.com:

August 21, 2012, Someone from Switzerland said:

Thanks.

September 9, 2012, Someone from the USA said:

God bless the author of this expository masterpiece.



Thanks! I hope this information helps you. Pray that others may also find the joy and benefits of self-control.

September 9, 2012, Someone from the USA said:

Nice work. I think you are getting close to something interesting. Whenever I had an urge to masturbate I would give myself a water enema and the urge would go away. I bet the urge to masturbate is linked to irritation of the colon or something like that. I can't explain why. This didn't occur to me until I noticed that after ejaculation I often wanted to defecate but not before. That makes sense why fasting helps because for one reason after you defecate there is no more feces from unnatural food to stimulate the urge. Send me updates. (email removed)

September 9, 2012, Someone from Texas said:

I've been reading and looking for information to stop my masturbation habit. you certainly made me think of it a different way and I am definitely going to try some really important steps you mentioned that I hadn't tried. Very interesting points! Thank you so much for taking your time to put this online! (name removed) TX



"if we keep on thinking what we've always thought, we'll keep on getting what we've always got." Not until I changed my approach and perspective did I begin to get the results I desired. I hope you also begin to experience greater self-control!

September 11, 2012, Someone from Chicago said:

Praise God for the website! I'm sure many will be encouraged and helped through this site

September 12, 2012, Someone from Arta, Greece said:

I have never read something like this in my life

September 12, 2012, Someone from Texas said:

thanks you're so nice

September 13, 2012, Someone from Mumbai, India said:

very nice ,,,..... what i did not know english.

September 13, 2012, Someone from the USA said:

U talk too much... U deviated alot... U want people to live exactly like u so u condemn almost everything.... We all know that self discipline is the key and not being a vegetarian.....say d truth which is "masturbation is bad" ..thanks anyway i learnt a little from your book



Yes, I have a lot of helpful tips to share with people who want results. It really surprised me to learn I had to quit following the crowd and try something different if I wanted different results. Thanks, I'm glad you got something valuable. You can learn more about how eating vegan, sleep, etc. affect willpower by watching this informative video by Dr. Kelly McGonigal at Google talks: <http://www.youtube.com/watch?v=V5BXuZL1HAg>

September 14, 2012, Someone from Germany said:

May God bless you

September 17, 2012, Someone from Guatemala said:

Hey brother! I am so happy to read all of this! Thanks to you I am turning vegan, I am sleeping more and I am drinking more water! And yes, I want to do the rest of the things too! Thank you so much!



Great bro! Congrats on taking hold of these practical principles that work. I encourage you to read, read, and read some more. Over the years the combination of prayer and education helped me to overcome fears, challenges, and obstacles to making these lifestyle changes. Remember that we live in a world that is anti self-control with so much media, junk food, porn, and nonsense. Even though making changes is not so easy the benefits and satisfaction of self-control far outweigh the initial efforts. After a while you will love the rewards and benefits of this lifestyle so much as it becomes so fun and easy. It's win win! You win! I win! Your relationships win! Self-control pays and it pays big! God Bless :)

September 19, 2012, Someone from South Africa said:

I have searched for information on how to stop masturbation but most information was not helpful. This website has provided the most practical and helpful information and I am very grateful. Please continue doing the good work in helping people to make their lives better. Thank you once again.



Thanks friend. I remember searching "how to stop masturbation" probably 43,891 times and never finding anything that was practical or helpful. The pain of knowing I was missing out on the benefits of self-control became too great and I started looking elsewhere and trying everything. Never did I imagine that feeling great through 1) clean vegan 2) athletic 3) prayerful and 4) early sleep lifestyle would I get what I wanted. How can we ever know the truth if we are not willing to accept it when we find it?

September 19, 2012, B from North Carolina said:

Your words have rung true in the deep fabric of my being. I would like more information please regarding the "vegan affect". Thanks, B



B, I will put up more articles on going vegan and other topics in the future so check back from time to time. Also, you can eat junk food and still be vegan so it's important to eat clean whole foods that come out of the ground and not out of a factory wrapped in plastic.

September 20, 2012 Someone in the USA replied:

i rily appreciate this your article,i hav been tryin to get a solution to this act but whenever i stop,after some time i find myself goin back into it..But what i have just read,i now have a lastin solution.All i need is to follow the steps and be determined. Thanks..am expectin to read more of your helpful rightups on other issues.

September 20, 2012, Someone from South Africa said:

I Thank God, for in you he has revealed my answer.. I have suffered so long trying to be free of this act. I see where i stand now! expository masterpiece indeed! Thank u, thank u NAMASTE!

September 21, 2012, Someone from the USA said:

may God bless you so much for this. I BELIEVE I now got a better perspective in dealing with negative habits in Life.

September 23, 2012, Someone from Indiana said:

There are some good points in here but this article also seems to be propaganda for vegans. I'll try many of these points, but not all of them.



Yes! This is propaganda for the benefits of self-control. It is propaganda for a high energy and productive lifestyle. It is propaganda to feel better, think better, and live better. It is propaganda to save relationships that are being ruined by porn and masturbation. It is propaganda on how to escape from addiction. I try to publish the most helpful propaganda available. Do what helps you get the results you desire.

September 23, 2012, Someone from the UK said: Really helpful, thanks

September 24, 2012, Someone from the UK said:

wow..your article is just wot i needed. don't fight masturbation, no quick fix...i have been doing it for ten years and suffered a lot of depression because i felt dirty, unfit to approach god. bath times are the worst, and my boyfriend he likes me to do it even though he knows i don't. it feels good knowing someone has had success in beating this thing. i will be applying these suggestions in my life, thank u for this article.

September 29, 2012, N* from Nigeria said:**

thanks so much for this life changing article.i'v just realized the missing link to my liberation from this difaceted lethargic character of mastubation-spiritual and physical destruction.some people like myself forgot that this ignoble act is a character that took long to be cultivated whose root is thought will also take time to do away with.let me point out quickly that the baseline for our combating this is changing our thought pattern as was pointed out by ralph emerson"we cannot solve a problem by remaining at thought level we created it.thank you for ur educative insight. N***.from nigeria

October 5, 2012, Someone from Europe said:

God bless you. This article really touched my life. i will start earnestly to practice all you have said. What do you mean by training smart.

October 6, 2012, Someone from France said:

Hello Sir, You have done a great work in making all these information at no cost. Just wanted to say thanks and bravo for this great effort

October 7, 2012, Someone from Malaysia said:

Thank you so much. These words have great anointing. May God bless you for the generous help you've offered through your words. GOD BLESS YOU MANIFOLD!

October 8, 2012, Someone from the USA said:

My thanks to the author of this article for practically giving every steps needed to quit masturbation. my soul tells me that this information was long needed by me and i would like to thank you once again for making this information available. i have long desired for self control- may i posses it now and forever as i apply those invaluable advices. can you also send those vegan pamphlets so that i could read it to stay put.thanks. May God bless you, your family and your work.

October 10, 2012, M from California said:

This is really good although but eating animals make no sense when God said we could !



I agree! Eating animals makes no sense. It's a good thing Proverbs 23:2-3 warns us to think before we eat. Also you made an error by not seeing that God giving permission is not same as giving a recommendation. God recommends eating vegan but gives permission to people to eat clean animals when fruits, vegetables, and grains are not available.

October 10, 2012, Someone from Kenya said: Thank you soooooooo Much!

October 11, 2012, Someone from Canada said:

This my good sir, is absolutely insane. Are you saying that your personal experiences overshadow the vast amount of information/studies/facts showing that masturbation is safe, healthy, and has many positive effects? Please, go read a scientific study on the topic, and try not to pollute the world with this nonsense before you have done some research.



Where is your "vast" data? Scientific research is published here in several articles. Maybe you missed them somehow. Here are the links:

[LIST of Negative Effects of Masturbation](#)
[Is Masturbation Healthy? The Science Says No](#)

October 13, 2012, Someone from India said:

I am facing the problem(every day masturbation) for last five years .. and from the last I'm gaining some control on my mind as I started following the 4,9,11,16,17 nd 21 ideas... and I'm really shocked to see these tips in the article.. Today I masturbated after 8 days... And i knew God wanted give me some feedback.. and here I have.. Had I not masturbated today I wouldn't surf the net and read this great article... This is not only a solution of my problem,But also one of the greatest lessons of my life.. A perfect thanks to the author... (My english is little weak)

October 13, 2012, Someone said:

Wonderful and very informative site, those foolish doctors who say masturbation is good should read this site and become educated, thanks a lot.

October 13, 2012, Someone from the UK said:

God bless you, and he will surely increase your strength. Amen.



Want to see God do more? You can help. [2Thess3:1](#), [Eph6:19](#) and [Col4:3](#) to you my friend. Paul needed friends who would pray.

October 17, 2012, Someone from Bangladesh said: Really a nice article.....

October 20, 2012, Someone from India said:

Very nice article! I will stop myself with those tips you have provided!

October 21, 2012, Someone from the USA said: Thanks for the article....

October 21, 2012, Someone from the USA said:

masterbation is healthy you stupid ### bum ### #####.. Go ##### a ##### ##### and go ##### your #####.. stupid #####
#####!!

October 21, 2012, Someone from the USA said:

Thanks for making this site! The points you make are exactly what I have learned throughout my life (which has been full of guilt, suffering, depression). I fail to follow through and live by these guidelines so much though.Well today I found your page! And my lust dissipated, and I felt stronger. We finally got internet again and I promised myself that I wouldn't jump back into the filth cycle. I haven't yet.

Trying to talk to anyone about this has been really unproductive because 100% of all guys I've ever spoken to about it do not agree with my views and take the "its healthy - and fun - and awesome" approach. Funny, it's as if everyone thinks that sex is the only real thing to live for these days. Ok, ok you know all of this. I am going to focus on the eating and meditation factors much more now. And to purify my mind and thoughts. This is a difficult addiction cycle to break but I have faith that it can be done Matthew 18:3 "Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven."

October 23, 2012, Someone from the USA said:

how to stop the masturbation. please give basic tips in simple English.



*That's a good idea. Thank you for sharing. I posted that article here:
[Tips to Quit Masturbating in Simple English](#)*

October 23, 2012, Someone from the USA said:

I am still in my teenage years of High School so I can't really hire therapists if you get what I mean, but trust me I will take this to heart. Despite my youth, I have been masturbating for 3 long and painful years I want this to end. I don't have the confidence to ask any girl out now and I won't until I feel I am responsible enough to stop my own bad habits. This may be the best article I have ever looked at so far, and to anyone that is watching this, let me just say you're not alone out there, there is still hope for us, my prayers go out to you guys and I hope you do the same. ^^ thank you



Thanks for your encouraging words. There are a lot of men and women who struggle with this addiction and it really helps when others share encouragement and helpful tips.

October 24, 2012, Someone from India said:

I masturbate up to 3 to 4 times a day. I had this sick habit since I was 16 and now I'm 22. I tried hard many times to control it, but my conscience asks for excuse - "the last time". Please counsel me, as it is affecting my social life very much :((

October 30, 2012 Someone said:

Forgiving yourself is never easy...when the realization dawns that you are no different than any other addict, you just have a different way of getting high.

My addiction progressed out of bounds six years ago when I separated from my mom and dad and started working in the city, especially having an apartment all to myself. I was 21. Over time there were a lot of consequences on my health. At 25 I looked like someone who crossed his mid 30's. I have continually withdrawn and then regressed...uncountable times, each time rooting the addiction deeper into my being. But I never gave up hope. It's been about 6 months addiction free now. The article is really enlightening for the recovering addict.



*Good point. Addiction may be expressed in various forms or behaviors but it is still addiction.
Whatever we lose our self-control to has power over our lives.*

October 30, 2012 Someone from Saudi Arabia said:

God bless you brother Inshallah Am gonna follow your suggestions

October 31, 2012 Someone from Cameroon said:

This is a masterpiece. I've been searching for answers to this problem and I finally found it. Not only will it solve my problem of masturbation but also many other. Thanks (name removed) and God bless..

October 31, 2012 Someone from USA said:

thank u i didn't have any where to begin tell. now u r my hero even now i'm watching porn but now i no how to win my battle thank u



That's awesome! There is no better time to commit to obtaining the benefits of self-control than when we realize we need it the most.

November 1, 2012, Someone from the Middle East said:

Dear, apart from the negative side effects of masturbation kindly provide an article about the positive benefits one can obtain when one is fully stopped doing masturbation and started self-control. Also a scientific perspective is required to show the betterment in both physical and psychological aspects after stopped doing masturbation. Thanks for providing the

elaborate and informative article. Stopped doing masturbation is easy but should not start again thinking that will stop soon. This is a very bad mind state, one needs to stop with proper commitment of controlling senses. Senses are our slaves; should do what we say, but a man who forgets this becomes slave of senses forever, instead if one can control the senses can ascend both in material as well as spiritual perspectives. semen is called as VEERYA in Sanskrit, if we preserve it then it segregates in mind and person can understand the truth about God; this is the opinion of old and realized sages. Finally many many thanks for spending your valuable time. May God bless us all.



Yes Good Idea! The benefits of not masturbating is like asking "What are the benefits of not smoking cigarettes?"

November 2, 2012, Someone from the USA said:

I thought this was really good except the vegan part. I think diet is important, but not necessarily a vegan diet.



I used to think the same thing until I read the science; here are just a few of many more studies:

<http://www.ncbi.nlm.nih.gov/pubmed/18666713>

<http://www.ajconline.org/article/S0002-9149%2805%2901827-8/abstract>

<http://care.diabetesjournals.org/content/29/8/1777>

<http://www.nature.com/ejcn/journal/v59/n2/abs/1602076a.html>

"Progress is impossible without change; and those who cannot change their minds cannot change anything." George Bernard Shaw

November 3, 2012, Someone from Europe said:

Hi, I am *** from *****. I have been masturbating for the past 12 years and it has been a very tough issue for me emotionally. I really want to stop. I need help

November 3, 2012, Someone from the USA said:

I can't begin to express how much your article helped me..... Dude I am really grateful that I jerked off today.... Because that was the incident which led me to read this..... Although I am starting to follow your tips today.... I'm. Very confident that I can quit masturbation... Thanks bro.... Appreciate the help

November 3, 2012, Someone from India said:

These are very common and run-of-the mill kind of suggestions which almost every forum enlists. Please provide some new and plausible ways to overcome masturbation instead of providing abstract ideas like "Always stay happy to stop masturbating."



Thank you sir. The word happy does not appear in the article at all.

Having a positive mental attitude should help though. Have you heard the proverb that says

"A merry heart does good like medicine"

November 5, 2012, Someone from South America said:

thank you man i'll try to keep some of this stuff in mind..maybe i come back later and tel how i'm doing to help people that needs help too

November 6, 2012, Someone from the USA said:

I Find some parts in this article stupid -_- but still thanks fir info :)

November 7, 2012, Someone from Europe said: This helps

November 10, 2012, Someone from Canada said:

Thank you so much. I think you have changed my life. I will ask you further questions if i am in a situation where I lack self-control. You will be in my prayers. thank you and may God bless you.

November 10, 2012, Someone from Pakistan said:

my name is ***** and i am from karachi i regularly do masturbation from last 4 years i was unable to control at one moment i even thought that i must commit suicide but it was very fearful. i cut down my hand but still GOD saved me.thnx to GOD. but i was really unable to control now i have gone through this article i have started working on it and after one month i will surely tell you my details author that what am i now .

November 12, 2012, Someone from the USA said:

This is going to help me I'm told if tell someone I am a porn and masturbation addict.

November 14, 2012, Someone from the USA said:

Wow I LOVE this Article so TRUE!!!!!!!

November 14, 2012, Someone from the USA said:

Thanks for the articles. I'm just realizing how depressed masturbation is making me and this website is helping me overcome the habit and giving me hope. Thanks.

November 16, 2012, Someone from the USA said:

Great list - I do not agree with all the points, but that is why there is STD. Nonetheless, very carefully detailed and actually inspires one to believe that the target is attainable. I did not masturbate until I was 23. I rarely watched porn and ejaculated a little, but the attempt was always to excite but not to wet myself. I had wet dreams often, which I did not appreciate because of the cleaning needed. I did not stroke though. I tried it once to understand the nature of sexual urges that made a boy I knew seduce a girl, and had been unable to shrug it off since. I have been able to stop for short periods like a month, but always returned. Your article has inspired me to try again, and in a proper way.

November 22, 2012, Someone from the Philippines said:

Finally I found the right site. I will try all of the suggestions of this site. The reason I want to stop masturbating is because It's really affecting my studies and work. When I masturbate I lost precious body energy, and feel very tired and fatigue resulting into losing interest at studies and work. GOD Bless this site



Thank you friend. Use the energy you have to educate yourself on how to be healthy and increase self-control. Don't just read the books I recommend, STUDY them and apply those principles. You will be rewarded. Pagpalain ka ng Diyos

November 26, 2012, Someone from the USA said:

Oh man such an invaluable tips! You know people feel ashamed talking about this issue with others even the closest friends, that's why they do not see the results the way they expected. I have a lot to say, many problems I've got with this issue and recently I've thoroughly lost my control over it. Experienced Many physical, psychological, behavioral deviations and really, really and again really want to put an end to it. To cut a long story short, I do ask mercy for you from God. The vicious world in which everyone is preaching sex as well as masturbation and try their best to prove it's so useful and publicly accepted addiction, you are no doubt true man. Today is the first day of my change, physically and mentally. So many barriers ahead, but trust to your words by heart. Thanks again .

November 28, 2012, Someone from Canada said: Thanks for posting this.

November 29, 2012, Someone from Malaysia said:

I have to say that I thank the Lord for bringing me to this site!! Thank you for your amazing information of how to stop masturbation, I will apply these steps to overcome masturbation. Once again, Thank You SOOO much!!

November 30, 2012, Someone from Egypt said:

I think you will not believe what I am going to tell you now, but this is the truth that I run through this experience of fighting masturbation and I figured out the same solutions that you have found like: sleep, go vegan, exercise, fasting (as I am a Muslim, this is considered in Islam a worship to Allah), pray, say no to nice people, journal. and these principles changed my life and make me control it better. So, thank you very much for this big support and for the new principles that I will start to apply to get more powerful and confident.



Wow that's great. Please share more with the readers here how you came to learn about these principles.

November 30, 2012, Someone from the USA said: thank you very much, -i know this will change my life!!!!

December 1, 2012, Someone from Nigeria said: You save my life tanx

December 3, 2012, Someone from the USA said:

Great article! Thanks so much...I have been trying to quit this **** for over 4 years, and as soon as i experience some success, i fall right back in the pit.

December 3, 2012, Someone from Pakistan said:

thanx so much inshallah i will do everything to stop this addiction

December 3, 2012, Someone from Europe said:

A wonderful write up God will continue to help you

December 9, 2012, Someone from the USA said:

#15 - I disagree. I mean I am a nice guy and I suggest good to everyone, but this does not mean I ACT nice to everyone. I think its easy to recognize 'niceness', when it's natural or if someone is just acting. Usually, these days majority of people 'act' niceness, which is bad.

December 9, 2012, Someone from the USA said:

Your religious views are not consistent with the rest of this article. While you seem to offer some reasonable advice, I just cannot reconcile it with Christianity at all.



1 Thessalonians 4:3-4 says that God wants people to understand how to have self-control. Imagine how much better the world would be with that knowledge. I'm just sharing with people the tips that helped me. You don't want a world with self-control?

December 9, 2012, Someone from India said:

very valuable information regarding the masturbation addiction thanks a lot.....u really helpful man.....god bless u happiness and piece.....:-):-):-:-)

December 11, 2012, Someone from the USA said: I hope this works. It seems it will and i will be so thankful if it does

January 1, 2013, Someone in Asia said:

thankssssssssssssssssssssssssssssss you sir you are sooo good may god bless u u have done good thing it will help to change the people like me who have aim to be model and actor

January 1, 2013, Someone from USA/Mexico said:

Its incredible. Single most important information every adolescent should know. How terribly destructive is masturbation! What incredible harm it caused for millions of lives around the world! And it is getting promoted with purpose in public discourse, mass media, by "sexologists" and even in schools by means state sponsored "sexual education" of small children. What a poison indeed! Traditional religions by the way know deadly harm of masturbation and pornography, its sin leading to hell, to eternal death in Christian tradition. Talmud strictly prohibits masturbation. The author deserve highest possible praise for his work. In my humble opinion this work is more valuable and important than many Nobel awarded investigations. God bless you! Spread the word!

January 2, 2013, Someone from the USA said:

Thank you so much for this. This has helped me realize that I'll never be able to quit unless I get the rest of my life in check. Since I started about 6 months ago my entire life has gone downhill I stopped exercising, my grades flopped, I lost all motivation to socialize and make friends and become closer to god. I have wanted to stop since the first time I did it and I didn't want to tell any one because I knew they would judge me. Anyways I am happy I found this, thank you for taking your time to share what you have learned.

January 2, 2013 Someone from the USA said:

I disagree with becoming vegan, you're supposed to eat animals it's in God's will



That is like saying it is God's will to pour soda pop in the gas tank of a million dollar race car. Eating meat leads to cancer, heart disease, stroke, early death, liver disease, etc. Is it God's will that we all get sick, lose self-control, and masturbate?

<http://healthland.time.com/2012>

<http://archinte.jamanetwork.com/article.aspx?articleid=1134817>

January 3, 2013, Someone from Canada said:

I see almost everyone here keeps mentioning God, and I guess out of guilt. As far as masturbation, it was a pretty frequent deal for me, but as I got busier with life, and back to being healthier (playing competitive sports) I probably do it twice a month. Something I want to really mention that wasn't mentioned here is, if you happen to do it, then strictly do it with no porn, it seems like lots of folks are full of guilt and disgust as to that perhaps for fear of God. ..



Both religious and non-religious people experience some form of guilt or shame from masturbation. Why are there so many forums and websites with people trying to stop porn and masturbation who do not believe in God? Why do so many non-religious people feel guilty after masturbation? Because it is wrong and it is not healthy. Religious people have more incentive to stop because only religious people have an objective purpose for their lives. Also, only religious people have an objective source of morality.

January 8, 2013, Someone from the Middle East said: Thank you

January 27, 2013, Someone said:

This information was the best ever. we must be bold enough to stop bad habits

February 7, 2013, Someone from Malaysia said:

A very great kudos to the person who wrote this article, I found it very useful and helpful. IN SHA ALLAH, the sky will not be your limit. thanks so much..

February 22, 2013, Someone from India said:

thanks dude. ur article changed my mind for time being I hope this will put me on self control. I am following your suggestions from 22-02-2013, 16:34:14 onwards :)

March 3, 2013, Someone said: Great work. :)

March 5, 2013, Someone from India said:

thanks ! I really really appreciate ur workmasturbation has ruined my life too ! I am impressed and inspired and will follow everything

March 7, 2013, Someone from Ethiopia said: it was good thing what u have made thanks .

March 7, 2013, Someone from Nepal said:

thank for the suggestions I will try to follow the suggestions and get rid of it. may Jesus bless you.

March 7, 2013, Someone from Germany said:

in my mind and heart I do think, we should combine sexuality with love and esteem. Otherwise there will be too much emptiness in our world! Maraming mga pagbati mula sa Alemanya

March 8, 2013, Someone from Asia said:

thank for the suggestions I will try to follow the suggestions and get rid of it. may Jesus bless you.

March 11, 2013, Someone said: thanks this help me a lot

March 13, 2013, Someone from India said:

Hello sir, I read your article about the side effects of masturbation which also tell how to stop it. It is very good. I am 24 year old. I have been doing masturbation since i was 10. When i entered in teenage like 15 or 16 I was totally addicted to this habit . I did masturbation 1 or 2 times in a day . Some times i did 3 or 4 time in a day . After the age of 18 i suddenly controlled this habit then i did it 2 or 3 times in a week. Sometimes i could control it for 10 days or more . Maybe because i was spending a lot of my time studying, playing and other work. But after graduation in 2011 I work less therefore my habit of masturbation increase now i doing it as much as i did in my teenage days but now i want to control it. My question is can i able to protect myself from the side effect of Masturbation or it is too late? Please reply my comment Sorry if i did any grammatical mistake because i am not British or American . I am an Indian.



Masturbation is like smoking cigarettes. Both are bad for your brain and health. If you stop your body has the opportunity to heal itself and recover. However if you wait too long to stop you may have permanent damage. Regardless of how long you have been masturbating it is always better to stop because the benefits are noticeable within just a few weeks. Your ability to recover is dependent on your nutrition so drink a lot of water, go to sleep early, and do not put dead rotting animals in your mouth, even if they have barbeque sauce on them

March 15, 2013, Someone from the USA said: thanks man

March 20, 2013, Someone said:

Wow!.....thanks!!!!!! This is the best form of encouragement on matters like this that i've ever had from someone or somewhere. One thing i love about this article is that, the author is a very religious person who had also combined facts from science as well as from religious perspective. This article is not just only for porn & masturbation addicts but also for a good and healthy life style. I have learnt enough from this. I must put everything into practice and make it my everyday lifestyle. I sincerely love the part "say NO to nice people". I'll surely put that into practice. All thanks to you and the ALMIGHTY GOD. May he grant you more fruitful years to continue good stuffs like this. AMEN!!:

March 23, 2013, Someone from California said: Ohhh my goodness. Believing that masturbation is healthy is pure insanity.

March 26, 2013 Someone from Singapore said: Thanks for the article! But I don't understand why many people in the internet say masturbation is good. It has been brainwashing me but now I am awake and I should not believe that nonsense!

March 28, 2013, Someone from the USA said: This page literally saved my life. I will never be a slave to my impulses again. Thanks, God Bless

March 29, 2013, Someone from India said: Hello I just can't stop! I have tried all your things!! I am a believer of God too!! Please help me. I do it EVERYDAY since 2 years and I am only 13!!



Really, you have tried everything? How many calories are you eating everyday and what percentage of those calories come from fat? How many hours of sleep are you getting every night? Where is your food journal? Sleep journal? If you do not have objective data then how can you expect to measure your progress or identify weaknesses? That's good that you believe in God but that does not remove your responsibility to take care of your body. Even the devil believes in God so it depends on you doing what God said to do: Be Intelligent and Identify the cause at which you stumble, read [Proverbs 4:19](#). If you are 13 then it will be easier for you to develop good habits now while you are still young and plasticity of the brain remains higher.

March 30, 2013, Someone from the USA said:
i struggle with masturbation how do i stop watching gay porn its sick.

March 30, 2013 Someone from the UK said:

WOW --- What an inspirational resource. Thank you for taking the time to put this website together, I am starting my journey, right now. I am no longer going to be a wanker :)

March 30, 2013, Someone from the USA said:

Im not going to tell who I am but lite me say that stopping is the why to go lately im lazy and always scared I might have done something to my self I still do it but not as much any more so here are some pointers on how to get a handle on it get rid of any thing that turns you on block porn on your TV computer or phone start working out and till a trusted person like a friend or parent I hope this helps you good luck:)

April 1, 2013 Someone from Sri Lanka said: Thanks a lot the advice was great

April 5, 2013 Someone from Europe said: Sir !thank u 4 every thing that's life changing ...

April 6, 2013 Someone from the USA said: I am stopping now. Thanks to whoever wrote this.

April 19, 2013 Someone from India said: Amazing . What a total turn around. It's amazin the way you have showed us a totally different perspective towards masturbation.

April 23, 2013 Someone said: really great article..i think i'll succeed this time..

April 25, 2013 Someone from Asia said: i want to stop it please help me what i do ?

April 25, 2013 Someone from Pakistan said: It affects the nervous system

April 29, 2013 Someone said: hi, Sir thanks for this research and article i have a question you say to avoid animal products ok i can do this and i can throw out every thing but what is the problem with the milk i mean everyone saying milk is best nutrients product.and my second question is did you mean by your article we eat only vegetables and fruits. that sound like good idea my main question is what problem with milk.

May 2, 2013 Someone from the Philippines said:

You now what it's totally hard to stop this lustful thoughts and habits out of my mind because since I was a young boy maybe 5yrs of age my sexual fantasy started because I saw my uncle watching a porn movie and doing something strange at that time when my parents babysits me with him. Thats why until now I just felt miserable. I just felt alone on fighting this and I feel ashamed to myself. I'm a 17yr old boy and I'm very religious and also a really nice guy because my parents raise me well but I somehow fail to do my duty as a man of God because of my sins. I'm just hoping for a really nice advice that will really motivate me and do my responsibility.thanx



Don't give up my friend. You are not alone. There are many people who are struggling to obtain the benefits of self-control. Unfortunately you live in a world that wants to make money by making people sick and addicted. Fortunately there is free material available to help you find freedom and help:

[Steps to Christ Free PDF](#)

[Understanding Adolescence Free PDF](#)

May 5, 2013 Someone said:

thanks very much for creating the website.I am stopped masturbation after reading this article .I had done reading ,exercise ,meditation . .etc .now i am changed to new man.

May 6, 2013 Someone from the USA said:

Thanks to the author. A really nice article... Would it be possible to connect directly to sb eg personal addresses please... ?

info@howtostopmasturbation.com

May 7, 2013 Someone from India said:

I am reading this article daily and it gives me a peace of mind

May 8, 2013 Someone from the USA said:

Don't agree with everything but very interesting article! One thing that has helped me, for guys serious about kicking the habit, is to urinate frequently. Very frequently. Why? Simple, your bladder presses on your prostate (which will initially get irritated from you not masturbating), and that pressure makes you crazy horny. Also, do something physical (take a run, lift weights), you'll kick the habit and buff out at the same time.



Drink enough water every day until you are urinating clear. Staying hydrated is very important for overall health and increasing your brain function and will power. The connection between the prostate and masturbation is an interesting one. Studies have already shown that masturbation can worsen prostate function and even cause prostate cancer.

<http://www.ncbi.nlm.nih.gov/pubmed/3553035>

<http://www.ncbi.nlm.nih.gov/pubmed/3066144>

There remains a lot to learn about how the prostate influences masturbation and vice versa. For example, several people have reported that eating a diet of ONLY fruits and vegetables removes the urge to masturbate. This may be do to the rapid elimination of such high fiber nutrient dense foods rather than stimulation of the prostate by rotting animal products left in the body. Fruits and Vegetables are not naturally high in fat and do not putrefy like animal products.

May 18, 2013 Someone from Iran said:

hi i come from iran & i have this bad habit generally masturbation is bad and i decide quit this habit.

May 22, 2013 Someone said:

This is an amazing article and I have made my mind to learn to control myself and control what should go into my stomach and what should not.

May 23 Someone from the USA said:

+1 if you looked this up to keep you from masturbating for a day or two longer just so that when you DO beat off, it will be better... ;)

May 26 Someone from Iran said: It Was Fine , But Too LONG !!! TNX Brother ;)

May 26 Someone from the USA said:

May God bless u as i was reading these points i s m self out in masturbation i believe in Jesus name right now I'm coming out from it cause wrote all the points down and i blv thy will help me in Jesus name.

May 28 Someone from the USA said: I really love this,i promise to try.

May 29 Someone from Ghana said: thank you very much i will surely follow the steps.

May 30 Someone from Asia said:

I was searching around for bad effects of masturbating and getting that crap people saying "It is harmless..". Masturbating is never harmless, whenever you do it , it changes pattern of your brain working as the author said. At the end I have no words of praise for the author, because he really did outstanding research on it. Thank you for letting all of us believe that I haven't lost the battle.. But in only one point I will disagree with you on saying milk and meat bad for health.

May 30 Someone from Canada said: Really helpful, thank you so much!!

May 30, Someone from Canada said:

This website is ridiculous. Masturbation is just really boring. Sex in general is really boring and I have never been able to understand why people want it so much. The only good reason I can think of to stop masturbating is so that you don't waste time and energy doing boring things.

June 1 Someone from the USA said: Thanks for the articles. It will be helpful in saving many young lives

June 1 Someone from India said:

im a hindu and in my religion we touch the feet of the elderly and wise i wanna touch ur feet for sharing such life changing tips and influencing me on the path of righteousness thanks a lot god bless



Thanks for your comment. I hope the tips help you gain self-control. Did you know that both Christians and Hindus share the tradition of touching peoples' feet? The book of John 13:5 says that Jesus washed the feet of his disciples and then Jesus said:

"Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."

June 5, 2013 Someone from India said:

Thanks for the great work,i cant explain in words i think you can understand my feelings. great work India



I believe you can increase your control. Don't give up.

June 11 Someone said:

I am addicted to masturbation,and i can't stop i need more advice.it is destroying my life,i don't know what to do.please help me.Ur early response is highly appreciated.

June 15 Someone from Asia said:

Hello Sir, I was greatly moved with your article and it inspired me a lot. I am one such person who is really fed up of masturbation. It is a thing which I am not able to control. It started accidentally in 2008, increased slowly till 2009 and became permanent problem till this very day. Till 2010 everything was fine till I could keep a check but later it increased and interfered with my lifestyle. Today I am ruined, my university education was spoiled as I failed regularly, I became obese and started avoiding. I became a narcissist with very low inner self esteem and everyday I wish I could kill myself. Hope your article helps me out.

June 15 Someone from Indonesia said:

Hope gods help me I even hurt myself to get out of this masturbation thing....me right arm is a big pain I always pray to god to help me! Pls help me is there a instant way to end this cursed devil masturbate??? I'm tired of it!

June 16 Someone from the UK said: thanks a lot sure this has given me a lot of faith back and I know I can overcome this

June 23 Someone from Asia said: Thanks. Thanks . I will try and comment after few months. Bye

June 24, Someone from London said: Thank you! Amazing, helpful. Well written. God bless you!

June 25, Someone from the USA said: Thanks for the article. Now go (unintelligible)

June 27, Someone from the USA said: This is the most helpful article I have EVER read and probably ever will read! I have been struggling with this addiction for five years now, and I can tell that I am on my way to breaking free. Thank you. For believing in us, for believing in me.

July 1, Someone from Egypt said: Thank you , it really changed my way of thinking

July 2, Someone said: Am a Nigerian D***** by name.I just want to thank the author for saving me from my unhealthy lifestyle I've being trying so hard to stop but with no avail. I've always known it has something to do with self-control but i always go blank after sometime because i was'nt focus but am very sure am done with it ..tnx and GOD BLESS SIR

July 2, Someone from the UK said: i have masturbated for 15 years constant and i can tell you its the devil , it has got to be worse than heroin or crack , when i do it my whole body is in pain , my memory goes , i feel like a old age pensioner , im 32 years of age , i have lost all my friends ,i have lost touch with all my family , its wrecked my whole life ,sometimes i

feel like to end my life, because im suffering , i no i need to stop immediately ,i have stopped for 4 days now and i feel better already , my body feels better and a little stronger, im determined to stop and get my life back on track , get my self a beautiful girlfriend that i deserve , thanks guys , stop wanking please

July 3, Someone from the USA said: Thanks a lot. This is amazing, and it is EXACTLY what I was looking for. I've struggled with this and I have tried and fought hard against this, but somehow i always failed. You are exactly right in saying; "We should target the root of the problem, rather than the fruit". Your article has really made me look at my own life and realize the changes that must be made if I want to see a difference. Thanks a lot, and I know God will bless you for helping so many men like me deal with this problem.

July 4, Someone from Iran said: VEEEEEEERY THANKS

July 7, Someone from Asia said: Thanks Author I am doing it now and will post the results soon. GOD BLESS YOU and pls ASK GOD to help me!



Sure. Thanks for your comment. Remember that it takes time to implement changes and new habits into your lifestyle so don't give up. Learn how to eat well and practice the tips that build willpower. Years ago I read a booklet about prayer that really helped me, hope it helps you also:

[The Privilege of Prayer](#)

July 7, 2013 Someone from Singapore said: This masterpiece had helped many people, and it did help me, too.

July 8 Someone from India said: Jesus , this is amazing . i read each and every word . hope i adapt this and ensure self control henceforth. please pray for me :')

July 12 Someone from Asia said: You are a good person sir. The mankind need you Thank you so much for the life changing article Thanks a lot

July 18 Someone from the USA said: Nice counsels.i love it.i am happy that iam going 2 over come masturbation.but one thing i wanted to share.without the help of we cant..put ur trust n god and rest of the things god will take care..

July 18 Someone from Great Britain said: Every word written here was meant to touch my life...God bless this author!!

July 21 Someone said: if we search the net we 'll see how so called learned people mislead others by saying masturbation is healthy(for how long?), they should teach that to their children. I think you are called to this generation. God bless you. You did a great job.

July 22 Someone from Iran said: مادر تو گاییدم

July 22 Someone from India said: i am 21 from last 7 years i am addicted in watching porn movies and masturbation and now daily i am doing. pls help me to control it

July 27 Someone said: thanx for it, may God provide you with that which you dont think you need but you need.

July 30 Someone said: I really loved reading this article, it was a masterpiece. You really have some solid facts and i agree to them. I would try to follow the ideas you promoted in this post. Thank you.

July 31 Someone from Asia said: Thanks. A great article you've written. . Really a BIG HELP I want to share a genuine problem of mine. . I have been masturbating for the last 9 years and still in the hands of this bloody evil. . I have totally loose my self respect and confidence. I am an introverted(non-social) person by nature and a more more shy young guy. I can't execute a single little task confidently any more.I think negatively before getting this done.I am very much coward, I must say the most cowardly person in the world.I feel myself more a girl than a man.Please help me out....Please



You are not alone, many people who masturbate experience the same negative side effects. Masturbation increases thoughts of self-destruction, fear, doubt, and suspicion. It robs people of confidence, self dignity, and many people have mentioned that it makes them feel feminine and forms homosexual impulses. When you say that you feel "more a girl than a man" you are describing the negative effect masturbation has on reforming the brain in an unnatural way. Please keep reading the remainder of the articles on this site to learn valuable tips to help you escape this destructive addiction.

August 1 Someone said: thanks dude god bless:))

August 1 Someone from the USA said: Thx this really helped and #11 was like an epiphany to me. Its so true about ones conscience.



You are right my friend, it's important to learn how to forgive ourselves. If we do not forgive ourselves we are left with the only option of turning off our conscience. This of course only leads to a multitude of problems.

August 3 Someone from the USA said: great information.. i appreciate it.

August 4 Someone from Asia said: I am a teenager if i see any hot pics of actress or any women showing their navel or any sexy body parts.... i will have an immediate urge to masturbate or watch porn plzzzzzzzz help me.....

August 7, Someone from Guatemala said: I have to say this is a very comprehensive method for quitting masturbation. As someone going through this problem I find it really helpful and I thank you for taking the time to show this to the world. I think one of the most important points that you mention is the point of having a purpose, or knowing exactly what benefit you will have by quitting this addiction. The same as you, I found it rather easy to leave pornography compared to leaving masturbation. Like you say it's impossible to tell your body not to give you urges for peeing or sleeping, so you can't fight your sexuality. But actually being an addict to this will undermine your chances of getting laid and experiencing the real deal. So I'm making the commitment to quit by following your guidelines. Thanks a lot!

August 7, 2013 Someone said: The article is good, but I don't totally agree with the diet thing. You're a vegan doesn't mean that everyone who wants to overcome this must also follow YOUR diet style...u cnt turn them all to "vegans". You shouldn't brainwash everything from ur head just because it doesn't conform with the way you live...it's called CHOICE



You have made an error and here is the reason why: You can't choose your physiology. You cannot drink alcohol and choose not to be intoxicated. You cannot take poison and choose not to be poisoned. You cannot cut yourself and choose not to bleed. You cannot eat junk food or dead animals and choose not to have heart disease, stroke, cancer, or low willpower. Submit to the laws of health or be broken.

August 7 Someone from India said: really satisfied... would definitely follow...

August 11, Someone from the UK said: I am happy cos I am going to quit after six years. IT'S OVER NOW!

August 14, Someone from Hong Kong said: thank you very much my friend for this much information im am gonna start trying these from today i hope it will workout once again thanks a lot my friends



Congratulations on your decision! Keep educating yourself on how to eat well and live with more

willpower. Thanks for your comment.

August 14 Someone from Asia said: GOd bless u... Dude (Y)

August 20 Someone from the UK said: This is a great read.. you sound like a army officer in a way.. but a very good, classy and timeless piece.. thanks..

August 20 Someone from the USA said: Very interesting, informative, and supportive. Thank you for taking the time to share your experience and insight. To all those who keep saying that masturbation is healthy QUIT closing your eyes to the facts of science. People are ADDICTED to masturbation. Stop trying to criticize the writer and please try to recognize the target audience: ADDICTS. Under normal circumstances, almost anything is healthy. When taken to extreme, anything is UNhealthy. The advice given herein regards to the benefits of minimizing meat and additive intake, getting enough sleep, exercising and increasing self esteem and is generally sound and scientifically accepted. The rest can be taken on a personal and spiritual level, depending on your viewpoints and beliefs.

August 21 Someone said: This is really helpful thanks.

August 21 Someone said: Masturbation is natural. You DON'T want to stop masturbation unless it gets in your life or work. Enjoy it.



That is like saying "Smoking cigarettes and injecting heroine is natural, do not stop until it is such a big problem. Enjoy your addiction until it's too late and you are broke, sick, in jail, or dead."

The error you have made is waiting until the effects are observable before deciding to quit. That's foolish. Cancer is deadly and cannot be observed until it's too late. Did you know that science says that masturbation is linked to prostate cancer? Here's the evidence.

<http://www.ncbi.nlm.nih.gov/pubmed/3066144>

August 22 Someone from Africa said: Thank you for your article. For the past few days I have given up flesh foods and started to read my Bible. Thank you for your honesty. Reading my bible has been hard but I will persist. I have struggled with masturbation since I was very very young. I now see that a holistic approach with the power of prayer and diet can greatly help us. My email is [removed].... I'm sorry for bothering u but could you send me your book via email. I am from Zimbabwe in Africa. I have started to read the gospel of Mark. Thank u!!!

August 23 Someone said: U have done a great job... its enlightenment for me...i have been masturbating for the past 12 yrs...Im 25 now... it has become an addiction and i feel ashamed after i do it but i do it...everyday... With your guidance i want to change...and start a new life...plzz help me...

August 25 Someone from Poland said: Wale konia ile wlezie! *Can anyone translate this into English?*

August 27 Someone from the USA said: god bless you the of this article... thanks a lot... i will pray for you... thank you thank you thank you.very much..love you .muaaahhh...a big hug.and kiss for you.... you saved me from hell.you are the angel of jesus...

August 31 Someone from the USA said: As a child, i have an addiction to masturbation, and this is the most helpful website i have come across. Thank you!

September 2 Someone from Asia said: we want self-control...yeah i can control i can do it....thank you Sir :)...you are great

September 4 Someone said: I realise my self. And I am going to stop masterbuting from now after reading this golden book. I want to thank the golden auther.

September 5 Someone from Asia said: Thanks A Lot Friend.....!!!! I hope it help me out from disgusting masturbation Habit

September 6 Someone from the USA said: Am so grateful to you for this piece. I have been battling masturbation for over 5 years. I will put into practice, everything I have read here and I pray God to see me through. Thanks a lot and God bless you.

September 7 Someone from the USA said: A daily close personal relationship with Jesus will increase your willpower.



Yes, that's about %50 true. If you pray, read the Bible, and drink beer you will not be able to walk a straight line. You can pray over the beer and ask God to make it carrot juice on the way down but it's still beer and it will take your willpower. If you drink alcohol and ask the Holy Spirit to guide your steps that is presumption and that is sin. Worship God with your mind and be smart about what you eat and drink. [Romans 12:1](#) and [1 Cor 6:19-20](#). Knowing Jesus, eating vegan, and getting enough sleep is a great combination for maximum willpower.

September 9 Someone from India said: i started masturbation at 13 and now i am 16. now i am in ill health and always searching for porn and after this i masturbate myself i ruined my health completely

September 12 Someone from the USA said: tanks so much for putin dis article online,i found it so difficult to stop this destructive disease called masturbation for years,but now i can develop a perfect habbit i need to stop dis devilish act.

September 16 Someone from Kuwait said: Thanks so much dude:) this might be a life changer to a lot including me!

September 16 Someone from the USA said: I have been masturbating for last eight years continuouslyhow could I regain my power ...plzz reply



Read all the articles on this site and DO what they say

September 22: hey sir. I'm thirteen years old and a christian. I've masterbated for about six months now and I'm gonna start using this guide. (Except for the vegan part, I have reasons) I needed to see this after staying up late and doing stuff. Thanks a ton



Translation: "I've masterbated for about six months now and I'm gonna start using this guide except that I don't want to do anything that actually helps me become healthier"

September 27: I don't know who are you &what is your nationality and religious I just know you help me and surely god likes you

September 27: I found that just having the urge to masturbate made me feel guilty after a while. My first orgasm was about when I hit puberty. I am glad for this site, and I keep taking a glance here and there every so often. Thank you so much for writing this article, it was a great help. The drinking of water seems to be spot on for me, I have trouble with my self control when I don't seem to drink a lot.

September 28 Canada said: Thanks for your information. There is a lot of good information in here and I will use it to better myself. Thank you for helping us.

October 6 Pakistan said: Seriously. God bless him who wrote this article. Although i'm a Muslim, it still worked for me. I pray and eat healthy food and slowly i'm quitting masturbation. Thank you very much. It's form deepest of my heart. Thank you again. God bless you

October 6 Iran said: you helped me in deed, as i was in need.

October 6: thanks a millions for your precious info. i am from Iran and i have hopefully gave up that vice over 1 year.

October 7: thank you very much author. You r such a great man enlighting the lost unrealisog people around. Am in africa. I have been struggling with this evil act for several years. I look forward to beginning a new life. If u sir have additional help plz help.

October 8: Hi. Your article changed my life. you have a very simple wise way of explaining. after reading this article I paid a deep attention to my sleeping times and my eating and I started saying my prayers with God. I want to thank you and I hope you continue writing more articles

October 10: i want to leave it because for me family, studies,my dreams are more important please help me to leave it my email adress is *****@gmail.com

October 12 from UK: Wow this was beautiful...it answered a lot of questions for me and has also helped me a lot. I'm definitely book marking it and will refer to it here and there. Thanks you For these wise words and God bless you!!

October 12 from India: thanks brother for this but just one think i didn't like is that tell milk is bad, its good enough otherwise everything is nice www.NotMilk.com

October 13 from Asia: I am 19 years old and i am a patient of masturbation i read this article and now i try to do these tips. THNXXXXXXXXXXXX :(:(:(:(:(:(Please tell me negative effects of masturbation....

October 19 from USA: Thank you so much for this article. It gave me a lot of insights.. I think I can now fight masturbation.. I can relate to the author that he tried a lot before to finally stop the addiction but now, he is able to inspire many people to do the same and never give Satan a chance to tempt your willpower.. Thank you so much. May God richly bless you ;) The world needs you..

October 24: hi guyz i am free from masturbation for 6 months . but bad effects are still with me and i am suffering from them everyday . what can i do ?

October 27 from Canada: This is such an amazing article, but it`s very surprising that you have missed one of the greatest solutions regarding this issue which is getting married. As well youbrainonporn.com should be listed in this website.



You are absolutely right, getting married is the natural, obvious, and best answer. I updated the article to include #21, Getting Married. YourBrainOnPorn has a lot of helpful data that is unfortunately riddled with unscientific and erroneous theories about evolution. YBOP has valuable tips on porn but they are mistaken on the origin of life. See [AiG's website](#) or [CMI](#) for that info.

October 31 from Asia: I masturbate. Everyday at least 4 times please help me

November 9 from UK: Reading thru this article you say about getting married. Well I recently got married and realised my husband is a serial addicted self pleasurer and being married is not helping him. I feel he is using me for his ends - he is emotionally separate. Sorry I am so angry and so upset and want to help him but he wont admit to it! You dont talk about how the partner feels and what they should do - I did suspect something before we got married and did ask him and he denied it! I am in despair and because I married and am committed to this marriage have to work thru this.....even though right now I dont want to and I am extremely angry and feel very nauseated.....

November 13 from Saudi Arabia: You are a great guy, May Gold help you more and bring you towards the right path with your quest of righteousness :) Good luck! :)

November 15 from Los Angeles: Thanks! Helpful material :)

November 19 from Iran: the longest time i could control myself was one week... thank... maybe your way helps

November 22 from India: you know what, IT IS HARMFUL.. effects willpower.. waste time.. and its makes me two faced.. one, i am good and smart in front of world.. second, i am devil watching real nasty porn.. i want a respectable life and transparent nature so that i can stand with my head up..

November 25 Someone said: thank you !!!!.. i am really now brainwashed by you now i really think i would stop masturbating :)



Good, glad your brain is clean now. Fill it with the Word of God [Matthew 12:43-45](#), and begin new habits in your life like eating healthy and exercising daily.

November 26 from Lebanon: This is one of the best articles on self-control (not only to stop masturbation) yet , i don't mean to say it's the best cuz that may reduce you're persistence to keep improving but i will say this "Thank you"

November 29 from USA: thanks thanks thanks ...you are very good personn thanks

December 5 from USA: May God bless you. I just read through this article. I pray that God will give me the strength to stop this evil act. I started masturbating, when I got access to the internet. This has been going on for almost two years. I kept asking God to forgive and deliver me. I was so concerned because I was disobeying God willfully. I felt I was taking God's grace for-granted. I did not want to tell anyone so that they would not get disappointed in me. At a point, I began to doubt my salvation. I masturbated today and a thought prompted me to search the internet for a solution. The truth is: the spirit is willing but the flesh is weak. I hope this is the lasting solution I need. God bless you, sir.

December 21 from ?: Lots of love for dearest writer.

December 26 from India: Thank you for giving your valuable time to write this article. It took an hour for me (which I had either wasted in other useless things) to read it. I have been finding my answer from very long time and this article may give me a new start that I want. Though it is a year old article I found it today(so fresh for me) and going to try all the steps. Seeing all the article, it seems that you would have worked to hit the goal you want...



Keep learning and gaining more valuable info! You can get more education here in an hour than 15 years in a public school system.

January 17 from Iran: my dear frind ...i am from iran ... my english is bad now! but i think than i say ; tanx for U (really very very .. tanx) and i hope to next time write more about how your artichel efect me for willpower your article show me in the world still have nice and great people for help other pepole

January 18 from UK: Wonderful.. I'm glad people like you still live on earth.



yes and hoping to multiply rapidly

January 19 from Namibia: wow

January 28: I thought am the only one doing this act even today I did it ed made me feel guilty but came upon this article it as really av some good staff we do my best to stop masturbation though its a process!! I guess when you need help try to get every help you can but its sad to those who are talking but staff about your article I guess coming to your article means they also need help!! thax ed continue helping us the victims!! **** from ZAMBIA

January 29 from New Zealand: I've been reading this website again again and again, and it still keep enlightening me. Thanks a lot!

February 6 from Australia: Hi it's **** I read your article and I found it very informative, and helpful to change ones life thanks

February 9 from USA: thank you so much, itll be hard to quit but this has helped me so much you have no idea

February 23: thank you for all of this ... i wanted to know one thing that ... i masturbated when i was 13 and half and now am 20 if i leave matsurbation will i be again normal and fully recover from bad effects ??? and after how long will i recover ? thank you for your time :]

March 2014 comments:

I have started working on it, ONE THING is for sure Masturbation is not good for health, AND this article is better and good. ... and the most will power is important. (March/2014)

awesome guy. .. u rocked man ... after reading this my will power is become strong ... thnq u so much

Glory to God for this article!

this site is goin to help me

This has encouraged me so much... I been struggling with this for years and i am finally going to get the help i need. Thank you...

Thanks mate it was the best article i've ever read and specially ur article have made me a vegan and it has really helped me *****@gmail.com

May God guide you right, I will pray for you.

Whether a vegetarian propaganda or not, this article has been the only sounding applicable remedy to my 14 year problem. It's been only 2 days and yet am already beginning to see results. Thank you very much for sharing with the world this outstanding piece of knowledge and insight

I'm a 12 year old girl. After this article I think I'll actually stop. Any tips?

Amen..

April 6 Someone said: Thanks homie for.the tips ,will try them ? I wish my parents and elders knew better to raise me right.:(

April 17 from the Philippines: God bless you! from the Philippines :)