

TIPS TO QUIT PORN

**EAT, SLEEP,
& EXERCISE**

**SPEND LESS TIME
ON YOUR PHONE**

**BE PATIENT WITH
YOUR PROGRESS**

A GLOBAL MOVEMENT OF FIGHTERS
©FIGHT THE NEW DRUG
FTND.ORG/FORTIFY

**TURN YOUR
#NOPORNOVEMBER
CHALLENGE INTO
NO PORN EVER
WITH OUR
AFFILIATES AT
FORTIFY.**

FTND.ORG/FORTIFY

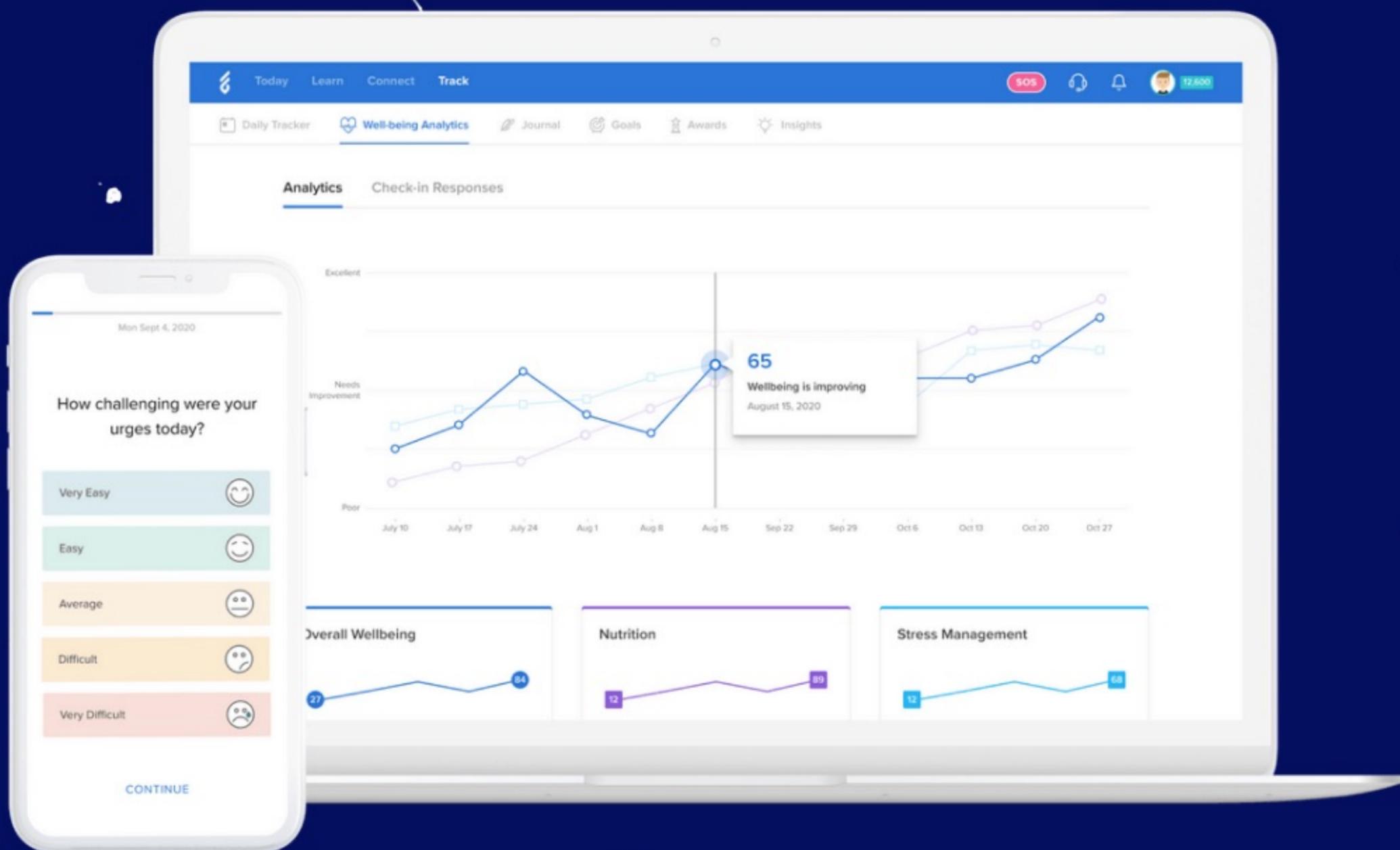
**FORTIFY IS
SCIENCE-BASED
SUPPORT FOR
LASTING HEALING
FROM SEXUAL
COMPULSIVITY.**

FTND.ORG/FORTIFY

**JOIN TENS OF
THOUSANDS FROM
AROUND THE
WORLD USING
FORTIFY TO FIND
HEALING AND
RECOVERY FROM
SEXUAL
COMPULSIVITY.**

FTND.ORG/FORTIFY

Fortify is an online recovery platform that has helped tens of thousands of individuals around the world stop their porn habit in its tracks.



**JOIN
FORTIFY
FOR FREE
TODAY!**

[FTND.ORG/FORTIFY](https://ftnd.org/fortify)