

**RESEARCH HAS
DEMONSTRATED
THAT OVERCOMING
A PORN HABIT IS
ABSOLUTELY
POSSIBLE...**

(Young, 2013; Nathanson, 2021)

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**...AND THAT OVER
TIME, PORN'S
NEGATIVE EFFECTS
CAN BE MANAGED
AND LARGELY
REVERSED.**

(Young, 2013; Nathanson, 2021)

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