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Internet. It offers methods of healing that are therapeutically sound and rooted in faith. It includes how-to measures and real-life scenarios about people struggling to kick their Internet addiction, in addition to spiritual exercises and prayers that will guide Internet addicts through the difficult journey of health.

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to discover a proven
strategy on how to overcome
your internet addiction and
take back your life.

Millions of people suffer
from internet addictions and
throw away hours a day of
productive time and turn it
into patterns of constantly
checking the updates on
their social media accounts
or other online communities.
Most people realize how much
of a problem this is, but
are unable to change their
situation, simply because
it's been a part of their

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mindset for so long. The truth is, if you are suffering from wasting time because of your internet addiction and haven't been able to change, it's because you are lacking an effective strategy and understanding of where these addictions come from and why they are there. This book goes into how the internet has changed our lives, signs that will tell you whether you are addicted or not, and a step-by-step strategy that will help you free yourself from internet dependency and help you take control of your life. Here Is A Preview Of What You'll Learn...

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Lives Signs That Will Tell
You If You Are Addicted How
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action right away to
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Do you spend hours every day
playing online games? Are
you always on social media,
ignoring your real life
friends and family? Have you
lost your job or your
relationship? Have you tried

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to cut back on your screen time, only to fail miserably? Sadly, Internet Addiction is a real problem for millions of people around the world. As a new addiction, there is little help for those who feel trapped in this addiction.

In this book, you will learn why you are addicted to electronics, and what you gain from them. You will begin to make goals for your life while renewing real-world relationships. You will start to structure your life not around electronics, but around real-world activities. You will learn how to combat urges to be online and fight negative

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thoughts that shame and condemn you. The techniques used in this book have helped hundreds of people who are addicted to electronics. It is time to fight this addiction and take your life back.

Addiction Cure

WARNING: This video game may impair your judgment. It may cause sleep deprivation, alienation of friends and family, weight loss or gain, neglect of one's basic needs as well as the needs of loved ones and/or dependents, and decreased performance on the job. The distinction between fantasy and reality may become blurred. Play at your own

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risk. Not responsible for
suicide attempts, whether
failed or successful. No
such warning was included on
the latest and greatest
release from the Warcraft
series of massive
multiplayer on-line role-
playing games

(MMORPGs)--World of Warcraft
(WoW). So when Ryan Van
Cleave--a college professor,
husband, father, and one of
the 11.5 million Warcraft
subscribers worldwide--found
himself teetering on the
edge of the Arlington
Memorial Bridge, he had no
one to blame but himself. He
had neglected his wife and
children and had jeopardized
his livelihood, all for the

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rush of living a life of high adventure in a virtual world. Ultimately, Ryan decided to live, but not for the sake of his family or for a newly found love of life: he had to get back home for his evening session of Warcraft. A fabulously written and gripping tale, Unplugged takes us on a journey through Ryan's semi-reclusive life with video games at the center of his experiences. Even when he was sexually molested by a young school teacher at age eleven, it was the promise of a new video game that lured him to her house. As Ryan's life progresses, we witness the evolution of

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videogames--from simple two-button consoles to today's complicated multi-key technology, brilliantly designed to keep the user actively participating. As is the case with most recovering addicts, Ryan eventually hits rock bottom and shares with the reader his ongoing battle to control his impulses to play, providing prescriptive advice and resources for those caught in the grip of this very real addiction.

Internet addiction is a very real threat. Do you find yourself struggling to break free from TV or social media? Do you wish you

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didn't waste so much time
online? Does your family
suffer because of time that
you are "away" from them,
even if you are in the same
room? Do you need help to
break free? "Digital
Addiction: Breaking Free
from the Shackles of the
Internet, TV and Social
Media" will educate you,
inspire you and release you
from this bondage. Millions
of people are caught in the
web of digital addiction,
whether it is a phone,
tablet, TV, gaming device or
social media. It is changing
everything about people's
social interaction and it
has largely been ignored. In
this very powerful read,

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Lora Ziebro unpacks how digital distractions have robbed all of us of precious time. She shows how much time we have sacrificed and what we can do to regain it for ourselves and for those we love. She wrote this book after going to dinner one night and noticing that almost everyone around her was on their cell phones. She saw that no one seemed to be having real interaction with each other and she realized that this same problem was present, at times, in her own life. She understood the need for a book that didn't just inform, but also helped families get stronger. That

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was the birth of "Digital
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from the Shackles of the
Internet, TV and Social
Media". This book will
change the way you think
about the Internet and
digital addiction...it will
call you to a place of
freedom where you can
experience true, deep and
lasting relationships with
those who matter the most.

Porn Addiction Recovered is
your one-stop source for
obtaining tools based on
research that will allow you
to better understand
pornography addiction, how
to recover from the
addiction, and how to

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maintain recovery. There is hope to become and stay free. Topics include: What is Porn Addiction? The Consequences For Life Internet Addiction Cycle Porn Addiction and the Brain Family Dynamics Breaking Free from Porn Addiction with Evidence-Based Tools Healthy Sex Maintenance Relapse Prevention And more... Porn Addiction Recovered is the ultimate guide to achieve the quality of life you deserve and break the porn addiction cycle for good. This is a book for those who have longed to break the porn addiction cycle as well as for those who are in

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relationships with individuals struggling with porn addiction. This book is based on evidence and is written by a health psychology professional. This book is not just about breaking the porn addiction cycle. By learning to work through the causes and utilize evidence-based tools, you will feel more centered, more confident, more joyous, and cope better with emotions and life's stressors. There are endless possibilities when you finally break free from porn addiction. Celebrate the joy of breaking free from porn addiction and maintaining healthy intimacy with Porn

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to chat rooms, sex chat
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to discover a proven
strategy on how to overcome
your social media addiction
and take back your life.

Millions of people suffer
from social media addictions
and throw away hours a day
of productive time and turn
it into patterns of
constantly checking the
updates on their social
media accounts. Most people
realize how much of a
problem this is, but are
unable to change their
situation, simply because
it's been apart of their

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mindset for so long. The truth is, if you are suffering from wasting time because of your social media addiction and haven't been able to change, it's because you are lacking an effective strategy and understanding of where these addictions come from and why they are there. This book goes into how social media has changed our lives, signs that will tell you whether you are addicted or not, and a step-by-step strategy that will help you free yourself from social media dependency and help you take control of your life. Here Is A Preview Of What You'll Learn...

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Kindle device! You're about
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strategy on how to overcome your shopping addiction for the the rest of your life. Millions of people suffer from a shopping addiction and throw away their personal and professional success because of these issues. Most people realize how much of a problem this is, but are unable to change their situation, simply because it's been apart of their mindset for so long. The truth is, if you are suffering from limitations because of your shopping addiction and haven't been able to change, it's because you are lacking an effective strategy and understanding of where your

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addiction is coming from and why it is so hard to stop. This book goes into where shopping addictions originate, signs and symptoms of a compulsive shopper, and a step-by-step strategy that will help you free yourself from your addiction and help you take control of your life. Here Is A Preview Of What You'll Learn... Understanding Shopping Addiction Negative Effects of A Shopping Addiction The Signs And Symptoms Of An Addiction How To Overcome The Addiction Once And For All Take action right away to overcome your shopping addiction by downloading this book,

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you tired of thinking about
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true: I can't have fun
without alcohol. Imagine
going to a party without
drinking! it makes me feel
less anxious or depressed;
it helps me sleep; I can't
relax without it; it makes

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me entertaining to be
around; it fits the
lifestyle of my boozy
friends; I like the taste of
alcohol; it's cool and
sophisticated; I'm not
confident enough to talk to
new people without it; it
helps me deal with all the
problems life throws my way;
it stops me worrying about
how much I'm drinking
(ironic, I know). If you
find yourself nodding at
even one of these
statements, then I know how
you feel. I was a heavy
daily drinker for over
twenty years, I too used to
believe that I couldn't live
without alcohol, and that
once I'd had a few drinks I

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was funny to be around
(hilarious in fact). Are you
too are tired and fed up
with the routine of
drinking, and want to make a
change and improve your
life? Or you may simply be
curious about how an alcohol-
free life might look for
you. Could it be better?
Happier? Calmer? More
peaceful? Perhaps you're
already on the path to
changing your relationship
with booze and might have
read other 'sober books' or
taken part in programmes to
help you quit. I want you to
know you can do the same as
me and find complete freedom
from alcohol, and that you
don't have to wait for years

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like I did. Also, I want to reassure you that alcohol addiction is never a person's fault, and that there's no need to blame yourself for finding it hard to give up. It honestly isn't as difficult as you might think, and this book will provide the support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that's what you want. The first part of the book contains essential

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information for when you're in the early stages of controlling your drinking. The second part serves as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you'll see I've used my own experiences and those of the people I've worked with to help ensure you're ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You'll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you stop drinking but your partner won't, and a

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whole lot more. With this part you can dip in and out, picking the chapters that address the problems you're facing that day or week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a smile on your face and provide you with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free - The Sober Survival Guide is perfect for anyone looking to free themselves from the grip of alcohol. Simon

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Chapple is the founder of Be Sober one of the largest online 'quit drinking' communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings. Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit www.besober.co.uk to discover more.

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Caffeine Addiction for Life

You're about to discover proven strategy on how to Overcome Caffeine Addiction for life Millions of people are suffering from the Caffeine Addiction problem in their life, they got addicted because of the stressful job, depression, taste of the drink etc, They are drinking it to get a boost or energy, But the fact is Caffeine can cause addiction over the period of time and like any other addiction there are side effects. Drinking too much of Coffee or Tea has its own problem like Anxiety, Increases heart beat, Rambling thought and Speech,

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Insomnia etc to name a few but there are lot of others. Initially it might appear to be giving you energy to finish of certain project or activities or even gives you control over sleep but in long run it has risk of adverse effect, You may be doing more damage to your body than you realize. Caffeine delivers both advantages and disadvantages to the human body; and while there are still debates and studies that either confirm or deny that caffeine is addicting, there are plausible reasons for this substance to cause cravings. You might have tried your best in the past

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to get over this addictive habit but failed always. But the truth is you are unable to get rid of this destructive habit because of lack of effective strategy. This book goes into step-by-step strategy that will help you free yourself of Caffeine Addiction problem and help you to take control of your life. Here you will find the truth and way to get over it. As its written Truth will set you free, the Ideas taught in this book will help you to overcome this addiction and have a better and happier life ahead without this drug. Here Is A Preview Of What You'll Learn... The Primer

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