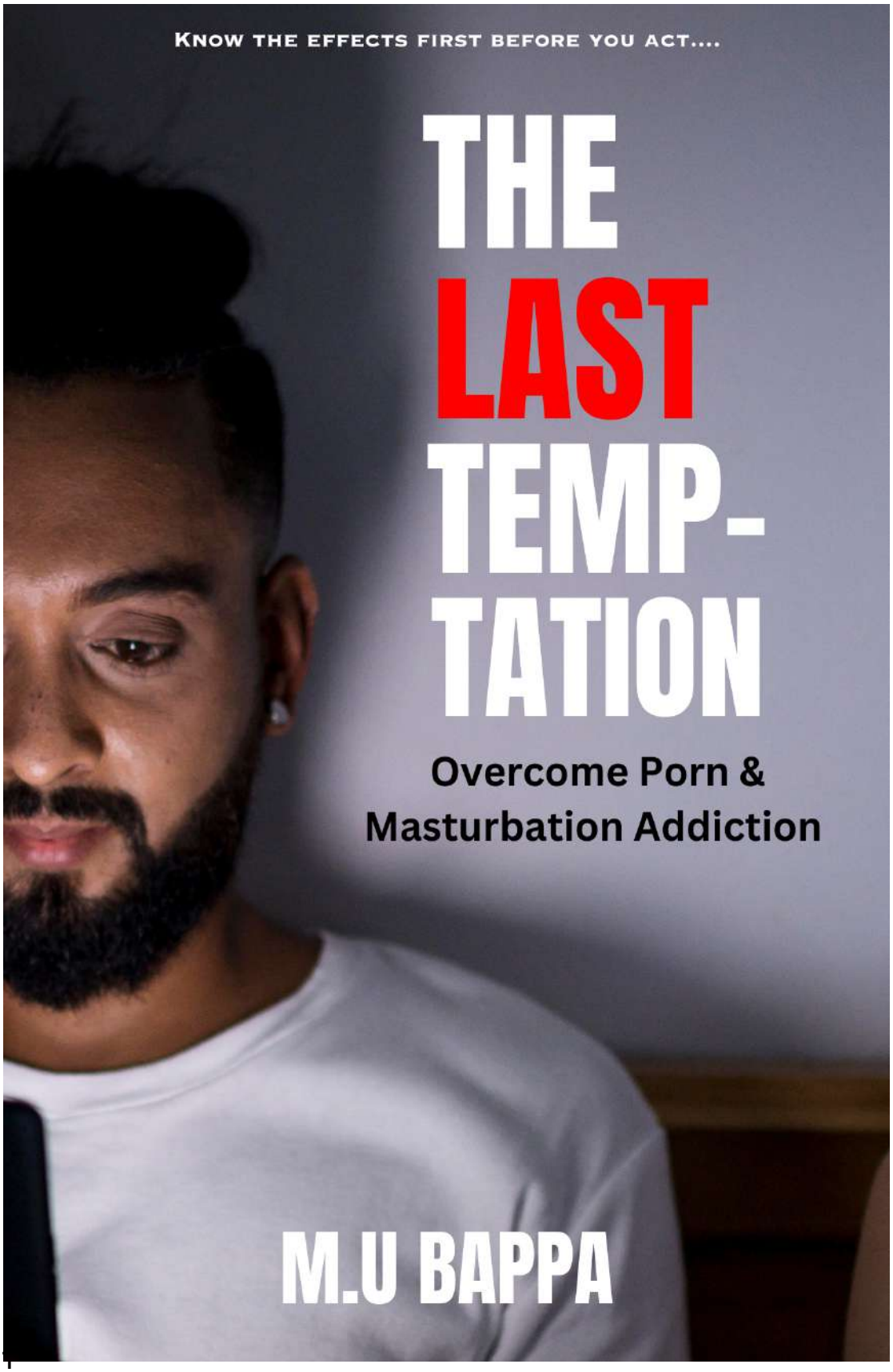
The Last Temptation



The Last Temptation:

Overcome Porn and Masturbation Addiction

U.M. Bappa

About the book

"The Last Temptation" is a pragmatic book whose essence is to help both the young and the old understand themselves, conquer their minds, and escape any sort of addiction that befalls them, especially porn and masturbation addiction.

Most of what is written in this book is researched and tested by the author; thus, he is unapologetic regarding any perceptions others may have about the book.

Regarding any medical suggestions made by the author, the reader is free to consult medical practitioners for more information.

This is a one-off manual that strives to help you overcome any type of porn and masturbation addiction with practical evidence of their harmful effects, regardless

of what modern doctors and society may have told you before.

This book may also be used for therapy or parenting if the therapist understands the analogy of the message in the book and how to relate it to their patients.

The book can be used for secular purposes as well, as it does not limit itself to religious people, notwithstanding the fact that it may contain some religious text. However, most of the content is based on psychological, philosophical, and anecdotal backgrounds.

If you are an addict to either porn or masturbation, listen to this: "The journey could be hard and tough, there could be thorns in the road, it is not easy to get there. But only those with strong determination and perseverance will reach the tail end."

Going inside the book, you will come to realize what I am talking about, how men

today have been disenfranchised, our future taken from us, our hope and everything. We are one step away from losing everything; no, we have almost lost it.

Before reading this book, keep the following in mind:
1. Please don't read the book if you are not ready to implement what you learn inside.
2. When the context reads "you," it is directed to you, my friend, the one reading this book.
3. I have experienced a lot, so whatever claim you see in this book is not just a claim unless clearly stated by the author.
4. Finally, I encourage you to let your addiction go and take back your life. I know there are losers, but needless to say, you are not amongst them. Good luck.

About the Author

My name is Umar, nothing special, just an ex-addict of porn and masturbation. I am a young man who broke free and learned to control his mind from the preconceived reality he had been fed with. With ten years of saddening experience in addiction and witnessing the heartbreaking effects of porn and masturbation, I believe that if these acts were a school, I would have obtained a PhD by the time I quit.

Having said that, it will be easier to believe what I have to say about porn and masturbation rather than entrusting your lives to some doctors who merely read from papers claiming that these practices lack any harm. It's time for the youth to start thinking for themselves instead of having others think for them.

I feel it's my primary assignment to write this book to tell the world how porn and

masturbation destroyed my life and to help young boys protect themselves against it.

Perhaps some people may stand against it and try to cancel me or my book for their own reasons, just as they did with the book called "L'onanisme: The Diseases of Masturbation" by Dr. Samuel Auguste Tissot, a well-known and respected swiss doctor in the 18th century. However, that doesn't matter to modern doctors who consider him irrelevant, as they claim his findings are not proven, all to keep people trapped in porn and masturbation forever!

His findings may have had some errors, however, that doesn't provide a ground to discard all of their findings. Whatever the case may be, I will continue my cause until my last breath. Even if the world takes away all its ink and all its graphite, I will use my blood to write this book.

If you still believe that the act of "Fapping" is healthy and safe for you, then I believe I have done my part and am free in the eyes of God and Men. If only one person finds the book worthy, then I'd be glad that he did.

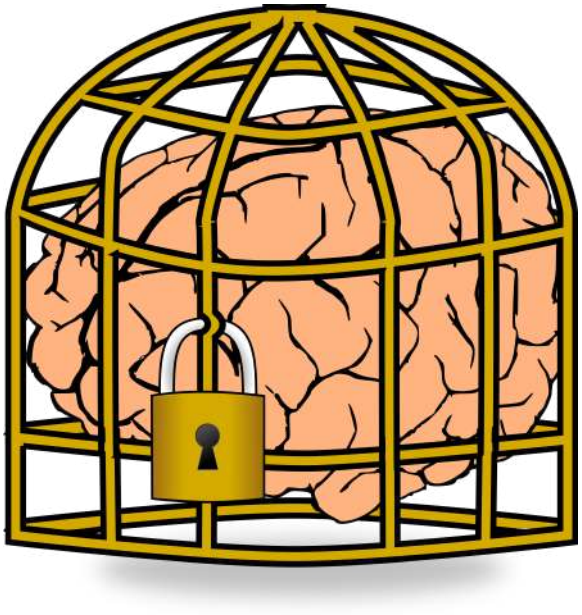
Writing this makes me feel like taking revenge on the modern world and indecency. It feels like a weight has been lifted off my chest and gives me a sense of purpose to live up to.

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Chapter 1: The Modern World Trap



Today, we live in a world where immorality and indecency are the only things praiseworthy.
We live in a world where you will be called names and termed toxic if you promote masculinity, such as asking men to hustle, exercise, and build muscles etcetera.

The world is trying to make men look weak like females. Listen, if you haven't read about stoicism in your life, I will be glad to tell you about it. We've seen this time and again - men who run YouTube channels have their channels terminated for

promoting masculinity, and others got terminated for promoting faith.

Do you know which type of content won't be terminated but rather promoted? The woke agenda! The LGBTQ, the feminist, and so on. I have absolutely nothing against them. All I am trying to say is that these are what the higher-ups are promoting, especially in the West and first world countries. Porn and Masturbation are promoted as being "healthy" by so-called doctors and bloggers.

I also have nothing against these websites, but I know that if the government wanted to shut down all extreme websites for harming young kids, they could. But they can't, you know why? Because they get huge taxes from these Porn websites.

The health department also do play a role here. I do believe it wouldn't be possible for you to seek treatment unless masturbation

damages you. Until then, they wouldn't get a dime from your pocket.

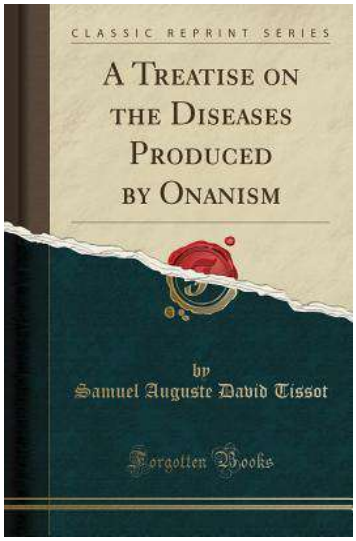
If some people consider porn to be good and healthy for them, it's fine, but these websites should implement tough security measures to protect our little kids from falling into that rathole. Also, all porn-related adverts should be controlled.

The central message I want to convey in this chapter is this, if you are going to continue fapping until some doctors tell you it's harmful, I'm afraid no one gives an ounce of care about you and your health. The modern world only cares about woke culture and profits, not you!

The Twisted View of Porn and Masturbation

This is not a conspiracy theory; instead, we have come across countless stories

regarding the effects of Porn and Masturbation. Despite the mainstream media and those in power enforcing it on innocent young kids, even some health workers claim it's healthy.



Listen, dear reader, I mentioned the book "L'onanism: The Diseases of Masturbation" by Samuel-Auguste Tissot (18 the century). I proceeded to inquire with a popular AI made by men (ChatGPT) about the effects of Masturbation, and the answer it gave is "It's healthy and normal." Now, I argued with the points of Tissot, and immediately the AI claims that Tissot's research is flawed and lacks a solid foundation.

Do you know, dear reader, what happens when you are blinded from the truth? The

worst may happen to you, and you may regret your whole life when it is too late. You may find yourself deeply immersed in the river of regret, OCD, and depression, to mention a few.

Tissot included many real-life findings from other professional health workers of his time and what they observed from masturbation addicts they consulted with. He was a noteworthy and skilled doctor, but now, these guys consider him a quack and illiterate just so they can increase your intake of porn and masturbation, right?

God is watching, and He will certainly deliver us. May He guide you in your journey to seeking truth and cultivating sobriety.

In all the articles I read on the internet regarding questions about whether masturbation has harm or not, about 70% of doctors will tell you it is not harmful, with

30% (mostly sexologists from India) acknowledging its dangers and harms.

Did you ask me about the people engaging in the act? More than 70% agree that it is harmful and have noticed an effect or two, while 30% will either tell you they don't know or deny its harm (probably because they haven't yet become addicted to it).

With this alone, I urge you, dear reader, to judge using the five senses God gifted you. You are not an animal but a human being of high morality and understanding. You shouldn't be lower than animals in action and thinking. For instance, I never saw a male cow chasing after a male cow — that is called common sense.

Your Future in Porn and Masturbation

You are trapped in addiction related to sexual immorality; however, don't lose hope, strive to hold your ground, and try to break free from it.
Now, you may be worried about what your future looks like and what it will hold for you.

After intensive research and deep thinking, I present to you some possible scenarios you may experience. These opinions are supported in the next chapters to come.

1. **Heavy Porn Consumption**

You are addicted to porn and masturbation, and the excessive masturbation doesn't seem to harm you much. You keep enjoying the process, but like most addicts, you hide inside your room to stream porn contents.

You constantly spend money on buying data to watch it, or you use your household's data without their permission.

As time goes on, you become fed up with the regular porn you are used to and want to level up through premium video content or monthly subscriptions on porn websites, losing more money in the process.

Eventually, someone who respects you may catch you in the act, and their respect for you may decrease. If you're lucky, they'll scold you, but they might also share the news with your family.

Now that you're married, you may find that you don't get as turned on by your wife as you used to by seeing porn actresses. This may make you angry at her.

After that, you might start chasing after prostitutes while fighting with your wife because she doesn't allow you to treat her

the way you see porn stars being treated during intimacy. This path could lead to a destructive reality.

Your wife might divorce you if she can't take it anymore, and this could ruin the lives of your kids, causing them to develop depression and hatred towards you.

You might then start believing that marriage is for losers who don't know real pleasure. You continue watching porn and masturbating, and you may even chase after prostitutes who you believe can give you the satisfaction you see in adult film actresses, delusional.

You may have to pay for child support if the kids are with their mother, and if you're rich, that may not be a significant burden. However, if the mother leaves the kids with you, who doesn't deserve to be a father, that's even worse.

2. **Heavy Masturbation**

You have been watching porn and masturbating heavily since a young age. This might have damaged your organs, as it does to many people today. However, you continue blindly because it brings you a minute pleasure, and you don't care about the consequences.

You start to notice other effects like muscle loss, hair loss, and gland shrinkage, but you dismiss them because the pleasure outweighs the concerns.

As time goes on, you age and feel that something is not right. You realize you need a partner to spend the rest of your life with and to have kids, so you can be respected by society.

You get married to a lady, and if there were any cases of porn, you left them behind. However, here's the problem: due to heavy masturbation, you are not satisfying your

wife, and you may develop premature ejaculation or even worse, erectile dysfunction.

Many women have little to no respect for men who cannot fulfill their marital duties, and in some cases, they may ask for a divorce and leave you.

She may stay with you if she sincerely loves you, but the worst is yet to come. You may find that you don't enjoy the real thing as much as you enjoy masturbating, so you may continue doing it in secret, hidden from her. This could lead to a point where you can't have a child due to the damage sustained by your organs.

Now you regret starting the act, but can you get your health back? You'll have to debate that with the health practitioners who told you that masturbation is totally healthy and reduces the chances of prostate cancer!

3. Addicted to Porn and Masturbation but Quits

You started watching porn and masturbating at a young age, unfortunately leading to addiction and depression from both. Later, you come to realize that porn and masturbation have grave effects and struggle to quit, but fail vehemently.

You don't give up, but start looking for answers and stand up again. You ultimately relapse again and again. You check different websites, read many books, and blog posts on overcoming porn and masturbation addiction, but you keep relapsing.

You know that you always relapse, but what you fail to notice earlier is that the max number of time you fap now has reduced from 30 to 3-5 a month.

You quit being passive and become proactive by exercising and working out, starting a side hustle. All of these are

positive steps, but if you want to start fighting against it publicly, you also gave up your phone for a year or two.

Congratulations, after a year, you achieved complete sobriety, and you boosted your testosterone levels by disengaging in relationships with girls and watching movies. Exercising, and taking supplements.

After some years, you marry a beautiful lady who shares your values and personality. Porn and masturbation will only be a distant memory, and while the memories may bring sadness at times, you'll be a father who would not allow porn or masturbation to come close to your children. You will be proud of all the actions you took to overcome the addiction, becoming the best version of yourself.

In conclusion, dear reader, these are potential paths you may encounter in your journey to break free from sexual immorality

addiction. The next chapters will present supporting evidence and further insights into these scenarios. Remember, you have the strength to change your future for the better and cultivate a fulfilling life.

Chapter 2: Why You Must Stop Fapping Now



Do you know why you must stop masturbation right here and today? Follow me, and I will explain to you why you must stop wasting your precious life force.

Listen, dear reader, before I delve into the points that helped me and many other men, you have to accept what I am about to outline. I am sincere in putting down these thoughts, and I invoke God to be my witness. It's evident that some so-called professionals may try to cancel me because

all they want is to see you lose in the name of freedom of expression.

I believe it's better to stand with God and be judged by men than to stand with men and be judged by God. Behold, the following are the reasons why you must stop watching porn and masturbation right here and now:

1. God has created you and wants you to have a wife of your own. With over 3 billion women in the world, don't you deserve one? Society and your laziness may make you think otherwise. Stop staying indoors laying on the bed every day; be productive, go out, hustle, make money, and marry the love of your life.

2. Did you know that no amount of water can make a single drop of semen? Here's an assignment for you: try to take as much water and chemical substances as you can to make a spoonful, no a drop amount of semen. If you can't, then stop wasting that

precious resource meant to strengthen your body and give you children.

3. A single drop of semen is worth more than 80 drops of blood. Why is it easy for you to ejaculate to porn but hard to cut yourself? The blood has a faster regeneration ability on a normal health situation compared to the life force you waste.

4. Hypergamy is the attraction to someone considered of higher value. Women naturally are attracted to men they feel are more superior, confident, courageous, and strong protectors. Watching porn and masturbating will diminish these qualities in you.

5. Rich people don't masturbate. Being in a state of constant masturbation may be a result of feeling poor and broke, rich people just get what they want, the poor mostly can afford only data and only fans subscription..

6. Masturbation leads to various problems, including fast aging. Elderly people tend to have lower levels of testosterone, and as an addict, you are ejaculating more than married men daily, leading to potential negative effects on your body.

7. During teenage and twenties, the body undergoes significant physical changes and growth. When you hinder this development through excessive masturbation, it can lead to underdeveloped body parts/organs and premature aging.

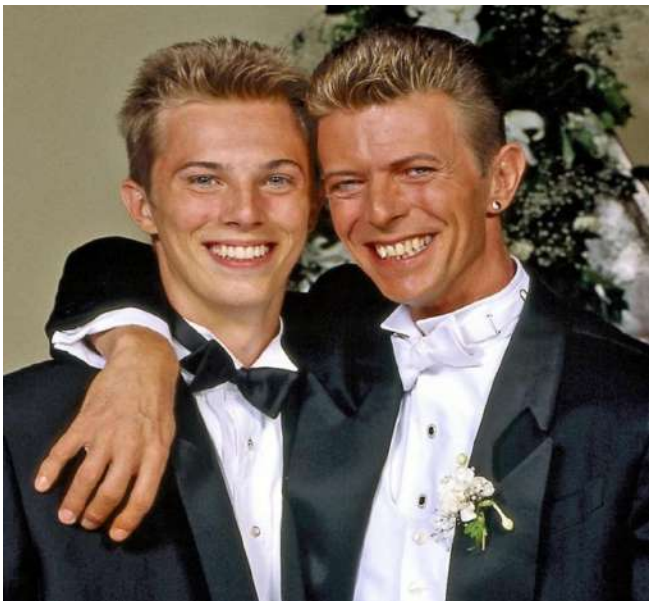
8. Nobody cares about you alone, and if any masturbation-related diseases like impotence or prostate cancer occur, no one will come to your aid. It is essential to consider your parents, who will be there for you, and stop this harmful habit before it's too late.

9. Children are a gift from God and nature, and you may want to have them in your life. Imagine having mini versions of yourself, who look just like you. Choosing to prioritize masturbation over the possibility of having children would be a regretful decision.

Finally dear reader, it's time to consider the negative impact of excessive masturbation on your life and make the necessary changes. By stopping this habit, you can improve your health, relationships, and overall well-being.



Actor Tom Hanks and son Colin Hanks.



Musician David Bowie and son; Duncan Bowie.

Your children are special gift no money can give you, they would help you in old age and carry your own legacy to generations. Just like the following people whose children build on the legacy of their parents.

Singer:

i. Bob Marley: Bob Marley was a legendary reggae musician. His son, Ziggy Marley, is a talented musician in

his own right, carrying on his father's musical legacy.

Actor:
ii. Kirk Douglas: Kirk Douglas was a prominent Hollywood actor. His son, Michael Douglas, is an Oscar-winning actor and producer, who has become one of the most respected figures in the film industry.

Soldier:
iii. Douglas MacArthur: Douglas MacArthur was a renowned American general and war hero. His son, Arthur MacArthur IV, followed in his father's footsteps and also had a distinguished military career.

Doctor:
iv. Sigmund Freud: Sigmund Freud was a pioneering neurologist and the founder of psychoanalysis. His son, Ernst L. Freud, was also a

psychoanalyst and made significant contributions to the field of child psychoanalysis.

Businessman:
V. John D. Rockefeller: John D. Rockefeller was a prominent industrialist and philanthropist. His son, John D. Rockefeller Jr., continued his father's philanthropic efforts and played a significant role in expanding the Rockefeller family's charitable activities.

Chapter 3: Real-life Accounts of Addicts.



Many people may think that I personally write this "claim" about the dangers of porn and masturbation out of selfishness. Some may even consider it an unproven hypothesis.

However, as someone seeking to understand the effects of porn and masturbation, I believe you will read the insights provided in this small book. If you are skeptical about the dangers of these practices based on what clueless health practitioners say, consider the results from my previous research and the following few accounts shared by addicts online (check online for more) :

"My testicle and penis have both shrunk significantly due to over-masturbation. I am 25 years old and totally depressed. Please suggest what I can do to recover."
- **Raja (Lybrate.com)**

"I masturbate daily, and I cannot stop myself from doing it. After ejaculation, I release less cum. How can I increase that and check my sperm count?"

- **Arjun** (Lybrate.com)

"I am a 26-year-old male who has sex frequently and ejaculates in less than 2 minutes, mostly due to a furtive masturbation style practiced as a teen. How can I prevent retrograde ejaculation and keep my muscles relaxed?"
- **Sam** (Lybrate.com)

"Over-masturbation reduces the production of oxytocin, DHEA, testosterone, and DHT, leading to lower back pain."

- **Dr. Sanjay Erande** (Lybrate.com)

"Does masturbation cause erectile dysfunction, impotency, and infertility?"
- **Jack**

"No, it does not!"

- **Dr. Gunjan Saini** (Lybrate.com)

"Yes, it does. The biggest effect of over-masturbation is mental, as people in this habit shift away from normal intercourse and find masturbation more satisfactory. This situation can lead to problems such as low libido, ED, and lack of orgasm. Other problems may include prostatitis, weakness in the nervous system, malfunctioning of the liver, sperm leakage, early ejaculation, sexual exhaustion, impotence, low sperm count, and general body weakness."

- **Dr. Rahul Gupta** (Lybrate.com)

(Note that these two doctors above attempted the same question by Jack).

"Hello, sir. I am 26 years old, and my organ is not functioning properly. I used to masturbate frequently since 8th standard. Now I am facing problems; it's not erecting properly as before."

- **Abdul**

"I have been masturbating for 3 years now and feel pain in my testicles. Will the pain go away, please?"

- **Sahab**

"Sir, I am 30 years old, unmarried, and due to over-masturbation, my sperm count has become low (20 million) and motility is also low. I am experiencing back pain, knee pain, joint pain, tingling in my hands and legs, and weakness in my body. I also face premature ejaculation, erectile dysfunction, and have a small penis."

- **Din**

"Thanks, do not masturbate. In the majority of cases, it is totally treatable. You need counseling, a change in lifestyle, quit smoking, avoid alcohol, keep your blood pressure and sugar levels under control, reduce weight, go for a morning walk for 1 hour, and exercise regularly. These measures will help you recover."

- **Dr. S.K Mittal** (Lybrate.com)

"I have penis sensitivity due to masturbation. I have since stopped and have been applying coconut oil to the head daily. Unfortunately, this doesn't seem to be working. Any advice would be appreciated, thank you."

- **Sunnu**

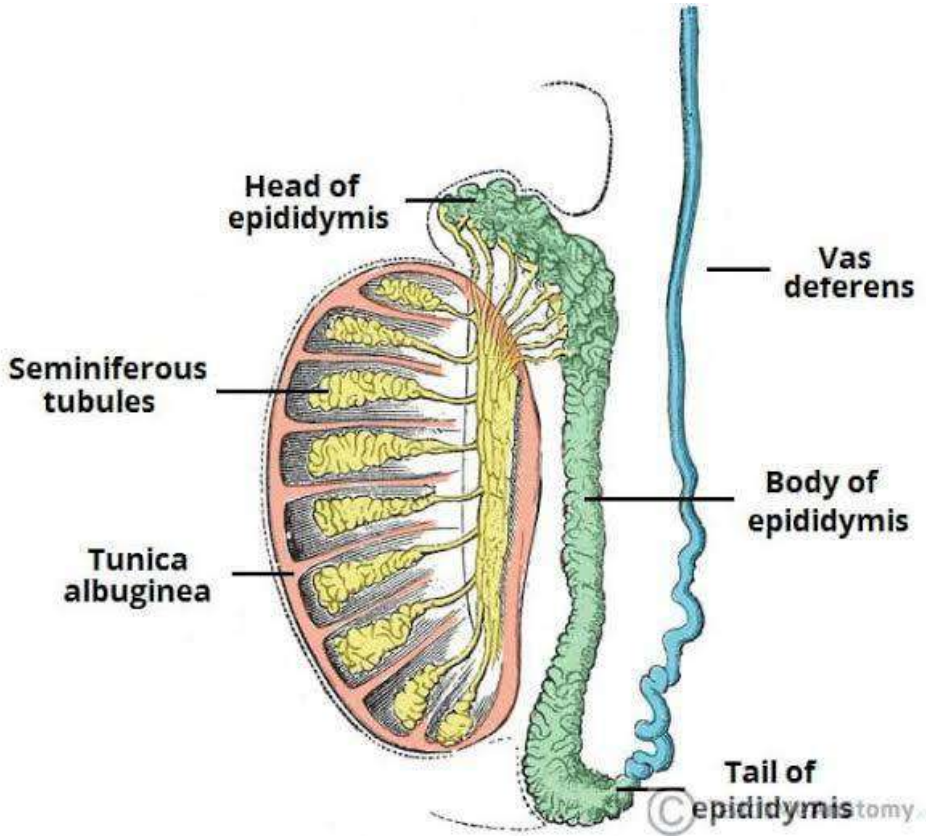
Chapter 4: Know Your Anatomy First

When we were young and naive, we used to engage in acts of extravagance, such as spending money on meaningless things or playing with water and such. Our parents would reprimand us with a line I've pretty much memorized: "Because you don't know how it is made, and you didn't suffer to get it."

The same principle applies when we irrationally waste our precious seed. We fail to recognize its worth; otherwise, we could have paused to consider how it is created. If it were to be valued, how much would it cost to purchase a single ejaculation?

Have you ever taken a moment to ponder the design of your testes? The intricate nature of the hundreds of tubules and the hundreds of millions of cells contained within, all serving the primary purpose of

producing this intricate substance, only for us to squander it.



The Testes Cross-section

Observe the intricate nature of the testes and the numerous coiled ducts that diligently work to produce the substance we squander – from the smaller tubules to the epididymis. Simultaneously, the scrotum also exerts effort by cooling and warming the testes to ensure the vitality of our life

force (semen) remains intact. This alone signifies that it is crafted exclusively for the purpose of procreation by a higher power.

The semen is composed of various substances from different sources within the male reproductive organs. The primary components of semen include:

1. **Spermatozoa**: These are the male reproductive cells (sperm) responsible for fertilizing a female egg during sexual reproduction.

2. **Seminal fluid**: This fluid is produced by the seminal vesicles and makes up the majority of semen volume. It provides nutrients and energy for the sperm and helps them swim more effectively.

3. **Prostate fluid:** The prostate gland contributes additional fluid to the semen. This fluid contains enzymes and substances that protect and nourish the sperm.

4. **Cowper's gland secretion**: Also known as bulbourethral gland fluid, this clear mucus-like fluid is produced by the Cowper's glands. Its primary function is to lubricate and neutralize any acidity in the urethra, preparing it for the passage of sperm.

5. **Seminal plasma**: This is the liquid portion of semen that carries and suspends the sperm and other components, allowing for easier ejaculation.

The exact composition of semen can vary between individuals, but these are the main components that make up the ejaculate. It's important to note that the appearance, smell, and taste of semen can also be influenced by factors such as diet, hydration, and overall health.

But did you know the mineral composition of the semen that you don't think twice before wasting it? Are you shocked to hear that the

T-level in your body is responsible for the following:

- Muscle growth
- Hair growth
- Boost to self-esteem
- Libido
- Calmness and more
- Procreation

Why because it contains these minerals and nutrients you waste all the time and they are:

1. **Fructose**: Semen contains fructose, a type of sugar that serves as an energy source for sperm. It provides the sperm with the energy needed for their journey through the female reproductive tract.

2. **Proteins**: Semen contains various proteins, including enzymes, immunoglobulins, and other compounds that

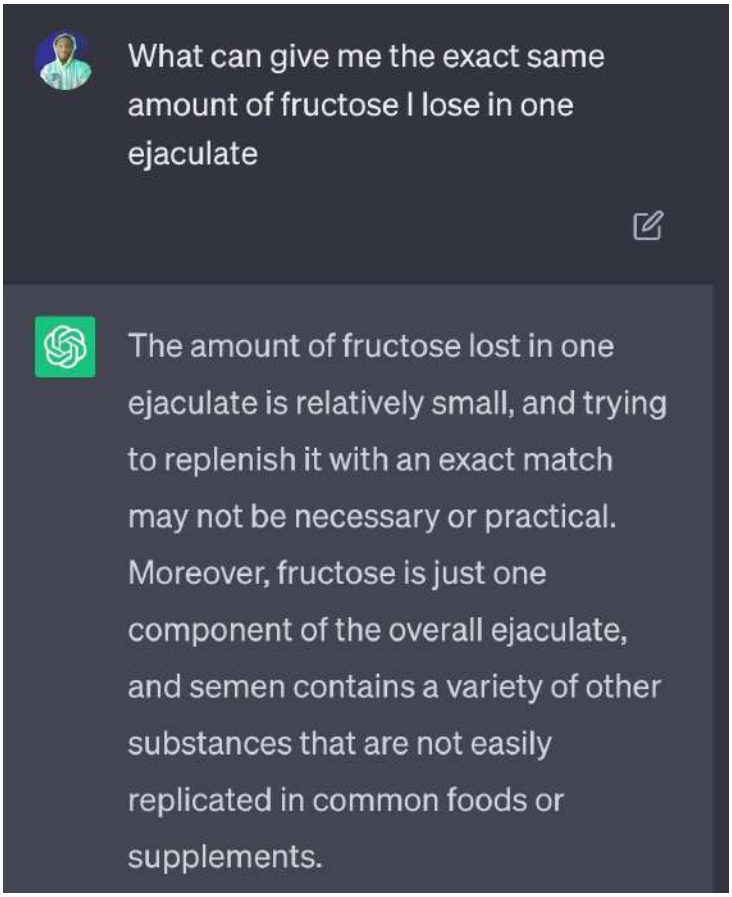
support sperm function and provide protection.

3. **Minerals**: Semen may contain trace amounts of minerals such as zinc, calcium, magnesium, potassium, and others. These minerals play a role in various physiological processes in the male reproductive system.

4. **Vitamins**: Small amounts of vitamins like vitamin C, vitamin B12, and others can be present in semen.

5. **Citric Acid**: Semen may contain citric acid, which helps regulate the pH level of the ejaculate.

Now something inside you will tell you, "It's okay the body will reproduce these vitamins again" Isn't it? Well listen to these after I asked a famous AI tool regarding just one of the substance mentioned above



These components may only be attained after taking several days worth of balance diet which 80% of people don't have access to all the time. You probably are from a poor family and you are still Fapping, it is a coincidence that subarashi means wonderful in Japanese.

Listen, if you want to be a man and get your life back in control then you have to leave this thing called Masturbation for good, even if it means reading this chapter every single day.

Chapter 5: Addiction Breakdown



Addiction is a mental disease that arises from an excessive secretion of the pleasure-inducing hormone called "Dopamine". While Pornography can be addictive, so can masturbation. That being said, some individuals are addicted to only one, while others are addicted to both.

You see, my dear friend, the individuals who are telling you that these activities are

healthy, unless done excessively, do not explain what constitutes as "too much." However, I have outlined some points here regarding the initiation of addiction levels for both pornography and masturbation. Understanding these points will assist you in determining your current situation and the effort needed to overcome it.

Addiction to Pornography

1. You begin watching pornography and are taken aback, only to be told by society that it falls under freedom of expression.

2. Some argue that it becomes harmful when consumed excessively, as if there's a scale or grading system for it. You find yourself retreating into solitude the more you engage with porn, isolating yourself in darkness like a bat.

3. Eventually, your social skills deteriorate, along with your self-esteem. Thoughts of it persist even in sacred places like a temple.

You can't seem to get enough, constantly switching between categories.

4. At some point, you may start objectifying girls, seeing them solely as objects of desire. Sexual attractions even extend to taboo areas like siblings (or incestuous thoughts).

5. Subsequently, you may develop disturbing inclinations towards minors and even harbor thoughts of rape. If your family catches you watching, you resort to lying, managing to escape consequences.

6. But it doesn't stop there. Next, you muster courage to marry, only to later realize that what's depicted in those films is fabricated, staged, and manipulated.

7. A feeling of unease arises as you miss your former pornographic life, causing you to relapse. Eventually, your wife or daughter

discovers your secret, leading to resentment or worse, separation.

8. You deeply regret allowing external influences to corrode your mind. This is the typical path of a porn addict who didn't get over it..

Addiction to Masturbation

1. You carried by curiosity only to be informed by so-called professionals and doctors that it holds health benefits, potentially reducing the risk of prostate cancer. You become elated and even buy made yourself ready for it!.

2. You begin engaging in self-pleasure without limitations, with or without pornography. As time passes, you seek a change of routine, realizing you're constantly craving more.

3. Gradually, you become excessively attached to this practice. Regret may set in,

but it feels like you've surrendered your mind to a negative force that can't be retrieved.

4. Excessive ejaculation leads to a reduction in sexual organ size and muscle strength. Over the span of five years, you lose control, noticing changes in ejaculation color and consistency.

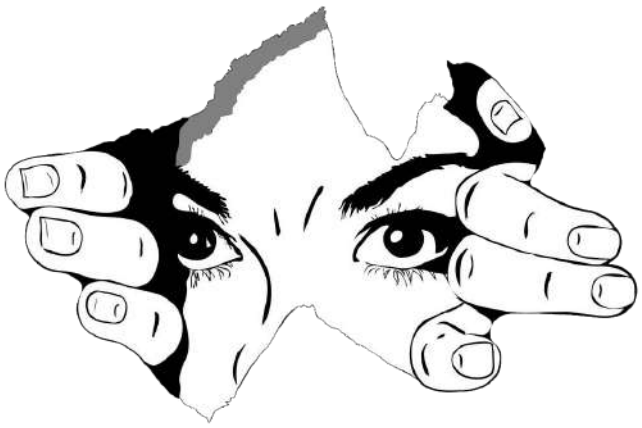
5. You experience tingling sensations and discomfort in the groin and testicle area. Premature ejaculation becomes a challenge, and you struggle to maintain the same duration as before, but doesn't seem possible.

6. Marriage follows at some point, yet you discover your ability to satisfy your partner is diminished. Regret builds as you reflect on the wasted years, wishing you'd saved yourself for your spouse.

7. Erectile dysfunction becomes pronounced, hindering your ability to achieve or sustain erections, potentially leading to impotence and infertility. Marital strains increase, and depression along with suicidal thoughts may emerge.

8. Your career suffers, distorted by the impact of excessive self-pleasure. It's essential to note that this description reflects the lives of some addicts I have encountered, and I do not endorse violence or harm in any form.

Chapter 6: Pornography and Effects



Porn has been a subject of discussion for a while now, questioning whether its addiction is stronger than that of cigarettes or cocaine, among other substances. However, there is no doubt about its addictive and psychologically compulsive nature.

One thing that is clear is that cigarette smokers and drug addicts are afraid of law enforcers. Similarly, when it comes to porn, those in higher positions often promote it

and argue that it falls under freedom of expression.

Listen, there is a chemical reaction in our brain that rewards us whenever we watch porn; it's called dopamine, also known as the pleasure hormone. If we like it at all, the moment we consume it, dopamine is secreted from within, and its secretion increases day by day until you find yourself constantly craving more. In other words, you'll start seeking more explicit content, transitioning from softcore to hardcore, and so on.

Watching naked people is prohibited in many religions around the world, especially in the Abrahamic faiths. According to some belief systems, engaging in watching porn is seen as problematic as committing the act itself; for others, it invokes God's wrath and curse.

Porn can take various forms, including magazines, photobooks, online images, videos on the internet, and DVD cassettes. Leaving any of these materials accessible to kids can spark their curiosity and lead them to explore once they have access to devices. Parents, the choice is yours.

Effects of Porn Addiction

Before I start explaining, it is important to note that discussing the effects of pornography and masturbation can be complex and varied. Some individuals and studies suggest that excessive consumption of pornography and compulsive masturbation can potentially lead to negative outcomes for many people.

While the only physical effect that can be attributed to porn is redness of eyes as a result of regular screen time at night. Most of its effects is mentally induced while Masturbation is physical.

These potential effects may include:

1. **Guilt and regret:** Some individuals may feel guilty or regretful after engaging in excessive or compulsive behaviors.

2. **Low self-esteem**: Frequent reliance on pornography or masturbation could impact self-esteem, especially if it becomes a coping mechanism or source of escape.

3. **Depression**: In some cases, excessive use of pornography and masturbation may contribute to feelings of sadness or depression.

4. **OCD (Obsessive-Compulsive Disorder):** Compulsive sexual behaviors, including excessive pornography use, may be associated with or exacerbate symptoms of OCD in some individuals.

5. **Pedophilia thoughts**: Some studies have explored potential associations between the two i.e Porn and pedophilia.

6. **Lack of concentration**: For some individuals, excessive pornography consumption or compulsive masturbation might interfere with their ability to concentrate on other important tasks.

Not going very far to show you an example, it happened to me. From once being a very bright student, to becoming an anti-social and not active in school, leading me to end up with a second class lower for a degree.

7. **Demotivating you from your goals:** Like any compulsive behavior, excessive reliance on pornography or masturbation could distract individuals from pursuing their goals and aspirations.

8. **Leads to sexual violence (rape thoughts):** I have come across studies that

have examined potential correlations between pornography consumption and attitudes towards sexual violence. It is left for you to justify it, for I believe some have reached that stage, where you start having callous thoughts to sexual violence.

That is more of a reason for everyone here, including you to leave porn and masturbation before it's too late.

9. **Destroys relationships:** Excessive reliance on pornography or compulsive sexual behaviors could negatively impact relationships by creating unrealistic expectations or feelings of emotional distance. You can also call it lack of commitment.

10. **Destroys business and educational careers**: While not directly linked to pornography or masturbation, compulsive behaviors in general could potentially

interfere with work or educational commitments if they become problematic.

It is essential to remember that the impact of pornography and masturbation can vary widely among individuals, and not everyone may experience these effects. Additionally, many factors, such as personal circumstances, mental health, and individual coping mechanisms, play a role in determining how someone responds to these behaviors. Seeking professional help and open conversations about these topics are encouraged for those who find themselves struggling with any potential negative effects.

Why is Pornography a Lie?

Dear reader, you may have heard that porn is far from the reality of true intimacy, and you find yourself wondering, "What do these people mean?"
Below are a few points that might help clarify why porn is merely an illusion.

1. **Unrealistic Expectations**: Porn often portrays exaggerated scenarios and performances that create unrealistic expectations about sexual experiences. You are blown away by the actors performance and you think real women must be like them, pathetic!

2. **Scripted Scenarios**: Many pornographic scenes are scripted and directed, deviating from genuine intimate interactions that occur in real life. Do you know that if two actors are doing porn, you will possibly find nearly Five people stand nearby. What might these individuals be engaged in? Among them are two camera operators and one or two directors, along with a choreographer.

But that's not all – post-production comes next after the shooting. This process involves tasks like extending a 3-minute act to around 10 minutes, and incorporating

extra-realistic movements and effects, to name a few.

Now, let me determine if you comprehend what I'm attempting to convey. Have you ever watched a Chinese film starring Jet Li? Can you replicate the same actions he performs in the movie? What about the American film "Wanted"? Perhaps you can shoot a bullet in a 360° rotation in reality.

Considering these examples, it becomes evident that the deception these individuals are presenting requires no explicit revelation, unless you willingly allow yourself to be deceived.

3. **Physical Appearances**: Porn tends to feature actors with idealized and unrealistic body types, leading to body image insecurities and unrealistic beauty standards.

4. **Pacing and Timing**: Porn often accelerates the pace of sexual encounters, skipping over the natural buildup and connection that occur in genuine relationships.

In simpler terms, porn tends to rush through the process of natural relationship, leaving out the natural buildup and emotional connection that usually happen in real and meaningful relationships. The only thing they will show you is the end result.

By that, if you feel like getting into relationship because you get motivation from porn, you can't possibly survive very long. Not just a claim from Omar, think about it.

5. **Overemphasis on Acts**: Pornography places a strong emphasis on specific acts, neglecting the emotional, psychological, and relational aspects of real sexual intimacy. I

have explain this before so no need for extra clarification.

6. **Lack of Communication:** Real intimacy involves open communication between partners they say, while porn typically depicts scenarios where communication is minimal or absent.

7. **Instant Gratification**: Porn promotes instant gratification, whereas real sexual experiences require patience, exploration, and the development of emotional connections.

8. **Consent and Boundaries**: Consent and boundaries are essential in real sexual relationships, but these aspects are often overlooked or blurred in pornographic content.

You ever ask yourself while majority of men actors act violent in porn videos? That is what they are made and paid to do so. You

trying to replicate what they are doing will only leave you with a grave disaster in your relationship. I urge you to think about this my friend, porn is just a movie, hence let's strive towards the real thing in marriage.

9. **Variety and Frequency**: Pornography showcases an unrealistic variety and frequency of sexual encounters, which can lead to dissatisfaction and dissatisfaction in real relationships.

With over 300+ unrestricted categories of porn content for young kids to keep checking and jumping from less extreme to extreme categories making him hooked forever in the fantastical world of porn.

10. **Emotional Connection**: Genuine sexual experiences involve a deep emotional connection between partners, whereas porn prioritizes physical pleasure over emotional bonding.

These are just a few background facts about the porn industry. If you take some time to sit down today, you'll likely be able to identify five more aspects that I haven't mentioned here.

Life of Porn Actors - What You Must Know

You see, porn actresses are at the center of the industry, not the actors. In fact, only 30% of women consume porn, while 70% of consumers are men.

That is why you are the major victim. Here are some facts about the actors and actresses many of us admire: Porn actresses are paid more, and the majority of them boast a net worth of $1 million dollars or more. If you live in a third-world country like Nigeria, that would be equivalent to 1 billion naira.

These are just a few background facts about the porn industry. If you take some time to sit down today, you'll likely be able to identify five more aspects that I haven't mentioned here.

1. **Many of them are Drug Addicts:**

I recently watched an interview between Candace Owens and a porn actress on her YouTube channel, where the actress mentioned that she has been an addict for years. She does porn, gets paid, and then uses the money to buy drugs from dealers. This is the life of many porn actresses we admire today.

2. **Many of them Commit Suicide:**

The porn actress further narrated how 15 of her friends committed suicide in the industry. I don't know of any other profession where someone would lose such a number of friends to suicide, except for a porn actress.

3. **They are not religious:**
There are instances where these people might claim to be religious, but that claim could change if they stop performing. It's challenging to be engaged in multiple activities simultaneously.

I wish I had enough space to depict the suffering these people endure – depression, OCD, and STIs, to mention a few. They are also victims, often suffering more than we do. The only difference between them and us is that they make a lot of money from it, while we do not.

Chapter 7: Masturbation in a Nutshell



This book is not intended to be theoretical but pragmatic. Masturbation is traditionally the stimulation of oneself (male or female) until they achieve orgasm. Based on some research, there are numerous reasons why people engage in this behavior, with the highest number pointing to curiosity about exploring one's body, especially during and after puberty.

Nonetheless, the numbers have seen a crazy hike since the advent of internet pornography, and this is the arch-factor that

makes masturbation even more dangerous, time-consuming, soul-breaking, and addictive—a monster, if you will.

Many health professionals, including popular blogs like Men's Health, claim that masturbation is healthy, and here is their argument: "**After normal ejaculation, blood flow increases, one feels relaxed, anxiety dissipates, and sleep improves**."

While that fact is true, there are considerations they fail to take into account, the fact that masturbation creates a fantasy not like real intimacy, the time can be changed by Fapping fast or slower which can lead to P.E, such doesn't happen in real life.

Here are other facts you should know::
• Masturbation is not sex nor is it nocturnal emission; it involves forcing the organs.

• Many people masturbate in a harmful way, which can have grave consequences in the near future.
• Some health professionals acknowledge the dangers and advise moderation, but I recommend quitting altogether, as its addictive nature can consume and destroy you.

Forms of Masturbation

This book covers various forms of masturbation. We will discuss the effects of the infamous Masturbation on those who:

1. **Masturbate to Porn (Class A):**

These people only masturbate when porn is present. This is the most addictive type of masturbation.

2. **Masturbate "without porn" (Class B):**

These people use their hands and sometimes toys or dildos. They don't rely on porn. There are also those who masturbate with or without porn, which can exacerbate problems.

Effects of Masturbation

This is one of the most crucial topics that has been debated for years. However, I aim to break down everything for you, providing evidence from health websites where patients report damages they have sustained as a result of Masturbation.

Before I begin, note that harms from Masturbation vary from person to person due to factors such as body type, method of masturbation (with or without lubrication), and frequency.

Physical Effects

Masturbation can cause a range of physical issues:

- Muscle loss
- Hair loss
- Spoiling clothes and bed sheets
- Delayed orgasms (especially for females)

- Over-sensitivity of glands leading to premature ejaculation and discomfort
- Premature ejaculation (P.E.)
- Excessive Masturbation proven to cause Erectile Dysfunction (E.D.) over time
- Shortage of testicular fluid leading to testis shrinkage
- Shrinkage of organs (addiction at early puberty)
- Retrograde Ejaculation (dry ejaculation) where ejaculate goes to the bladder instead of urethra, resulting in little to no liquid
- Lower back pain
- Pain in the groin and testes
- Prostate cancer
- Liver damage
- Mild vibration in the legs
- Accelerated aging
- Financial hardships
- Eventual impotency: Frequent ejaculation can lead to reduced ejaculate volume and testes

shrinkage, resulting in minor impotence. Continued excessive activity could damage the testes permanently, causing permanent infertility.

There are also medical conditions that can cause impotence besides over-masturbation. The system generally denies that over-masturbation leads to infertility.

Psychological/Mental Effects

Masturbation can have various psychological effects:

- Guilt and regret
- Low self-esteem
- Depression
- Obsessive-Compulsive Disorder (OCD)
- Pedophilia thoughts
- Lack of concentration
- Demotivation from goals
- Potential for sexual violence
- Ruining relationships

- Hampering business and educational careers

Chapter 8: How to Overcome Porn and Masturbation

1. **Set a Goal and Pursue It.**

I know you've probably heard this before, but having a goal will keep you busy and occupied, leaving no room for indulging in unhealthy habits. For instance, here are my goals: I plan to focus on intensive farming this year to increase my income and eventually open a shop.

I'm mentioning this because we have an uncultivated farm, and I questioned why we would leave such a valuable opportunity untapped. (Read the final chapter)

I intend to establish a shop in front of our house, previously used for storage, and operate it for a year while simultaneously doubling my farm's yield.

Following that, I plan to get married a year after doubling or tripling my farm's yield, which will span three consecutive years.

To summarize: In the first year, I'll launch the shop and manage the farm; in the second year, I'll increase my farm's yield; and in the third year, I'll expand to another farm, potentially quadrupling my yield before marrying. How does that sound?

Yes, there might be occasional setbacks, but your relapses will become less frequent with practice. When you do relapse, gather your strength and channel your energy away from these negative influences. Also, eliminate distractions like movies and media.

Looking at these goals, all I need to set in motion is a set of objectives. Since marriage is placed as the final goal, I won't be able to marry without achieving the first two goals.

This leaves me no space to waste time on nonsensical activities.

Remember this harsh truth: No matter how much you indulge in certain content, they won't pay you – in fact, you're the one paying them. Furthermore, when you later face prostate cancer and painful urination, no website, actor, or actress will contribute a cent to your treatment.

For those reading this from Africa, those young actresses you admire are billionaires in your currency due to their million-dollar net worth. So why dance to their tune? It's worth pondering!

2. **Distinguish between Porn and Masturbation:**

I understand if you're confused here. Porn has a significant impact on our minds and can override even the thought of "God is watching you." One psychological approach

that helps is similar to fighting fire with fire – it requires a stronger force to combat and repel it.

This fight is psychological. Witnessing a sexual scene in a movie doesn't automatically necessitate masturbation.

Would you masturbate to every explicit video out there? Most likely not!

If you feel a compelling urge to watch porn when alone and struggle to control it, TRY NOT TO MASTURBATE TO IT.

Don't fall into the trap of justification – just because opportunities are present doesn't mean you need to indulge in all of them.

3. **Urination is Key – Unleashing the New Anti-Masturbation Secret:**

When the urge to masturbate is strong, try this: Go to the toilet, urinate, and gently press your organ while imagining pleasure.

Remember, this is a psychological battle, and persistence is essential to alter its course.

And can you achieve a satisfying urination without consuming plenty of water daily? It's impossible; you must drink a substantial amount.

Here's my unique approach: I'll consume ample water daily and, while urinating, visualize pleasurable sensations. Over time, this can rewire the brain's chemical pathways and reduce the urge to masturbate.

Water has numerous benefits for the body, as it constitutes 70% of our composition. It cleanses the bladder and lowers the risk of kidney-related issues.

If I were in your shoes, I'd aim for at least 3 liters of water per day. Are you up for the challenge?

4. **Exercise:**

Exercise has been my greatest ally in combating porn and masturbation. My goal is to strengthen both my body and mind. I began performing push-ups, squats, pull-ups using a tree branch, and more.

Don't make excuses like "I lack gym equipment" or "there's no nearby gym!" Exercise improves your sexual health, testosterone levels, strength, and self-esteem.

Don't follow trends that label workouts as toxic due to the modern agenda. The world may try to mold you into a passive individual who indulges daily, but remember this: Painful efforts often lead to gratifying outcomes. Porn and masturbation might

seem enjoyable, but they bring bitterness in the end!

5. **Cutting Out Movies, Music, Social Media, and Device:**

When the urge to masturbate looms, here's what I do: First, I eliminate movies, opting for anime like Baki, which lacks explicit scenes or revealing cleavages. I've mostly steered clear of Hollywood movies, except for occasional 3D animations.

Next, I tackled my music consumption and successfully eliminated it from my life. Although I still experience relapses, they were less frequent. The feeling of shedding unproductive habits while the issue persists fuels my determination.

I removed TikTok and Instagram apps, limiting my online presence to Quora, Medium and YouTube, where I receive

workout video recommendations based on my preferences.

Lastly, consider changing your circle of friends and temporarily giving up your device – either selling it or entrusting it to someone for a specific period. I once sold my phone due to compulsive behavior, despite my online business involvement. What's your excuse today?

Remember, this is a last-resort option for those heavily addicted to porn. If your addiction isn't as severe, focus on quitting masturbation while regulating smartphone usage to preserve eye health and enhance productivity."

Treatment for Masturbation-Induced Health Problems



First, allow me to clarify matters before delving into my explanations – I am not a medical doctor. However, over the course of ten years, I have personally encountered numerous side effects attributed to masturbation and have taken steps to address them. I have read books, obtained online resources, and studied articles concerning patients afflicted by issues stemming from masturbation.

I won't provide lengthy explanations; you likely recognize my writing style – direct and to the point.

Listed below are methods that could potentially resolve 70-100% of your masturbation-related problems, with many having been tested by patients and proven effective.

1. **Penile Shrinkage**:

There is a possibility of recovering your original size if masturbation-induced. You can try the following steps, with the last option not endorsed by me:

- Completely cease masturbation.
- Engage in daily exercise, including strength training.
- Consider fat injection (surgery).

2. **Premature Ejaculation (P.E):**

To address premature ejaculation, especially if you have a partner, the following strategies can be beneficial:

- Cease masturbation entirely.
- Practice the start-and-stop technique: Interrupt intimate activity just before climax, then resume after a minute. This approach can affect psychology and eventually extend duration.
- Experiment with Benzocaine wipes or delay sprays. The wipes are small sheets that you apply to the glans/tip for 10 seconds, allowing them to air dry for 30-60 seconds before intercourse. The spray, conversely, requires at least 15 minutes to dry. Wipes have milder side effects and shorter time increase; the spray can extend performance from 2 to 10 minutes but with more pronounced side effects, including temporary numbing of your partner if not dried properly.

3. **Low Sperm Count:**

Certain medical research suggests that the following practices can boost mobility, motility rate, and overall count:
- Completely stop masturbation.

- Maintain a balanced diet on a regular basis.
- Incorporate vegetables into your meals at least once daily.
- Include a serving of fish rich in omega-3 oil, such as Sardines.
- Consume fruits at least once daily, particularly watermelon.
- Incorporate dry fruits/nuts, such as walnuts, almonds, pecans, or hazelnuts.
- Hydrate with a minimum of 2 liters of water daily, up to a maximum of 4 liters.

4. **Erectile Dysfunction (E.D):**

Attempt the following measures:
- Engage in daily pelvic floor exercises. Search for instructional videos on YouTube.
- Explore Ayurvedic medicine, a traditional Indian approach to men's health.
- Cease masturbation once your health starts to improve.

5. **Retrograde Ejaculation (R.E):**

Cease aggressive masturbation entirely.

Increase water intake to cleanse your bladder.
If retrograde ejaculation persists, discontinue masturbation and consult a sexologist, as an underlying medical condition may be responsible.

6. **Back Pain**:

For back pain resulting from masturbation, consider the following:
- Permanently cease masturbation.
- Utilize Ibuprofen or a similar over-the-counter medication.
- If the issue persists, consult a sexologist.

7. **Impotence**:

Address impotence through the following steps:
- Completely stop masturbation.
- Explore P.E and E.D treatments.
- Investigate Ayurvedic remedies and consult a sexologist.
- Depending on your belief system, continue praying to your respective deity.

8. **Painful Urination:**

Eliminate masturbation entirely.
Consume ample water throughout the day at various intervals to cleanse your system.
If discomfort persists, try ibuprofen and consult a sexologist.

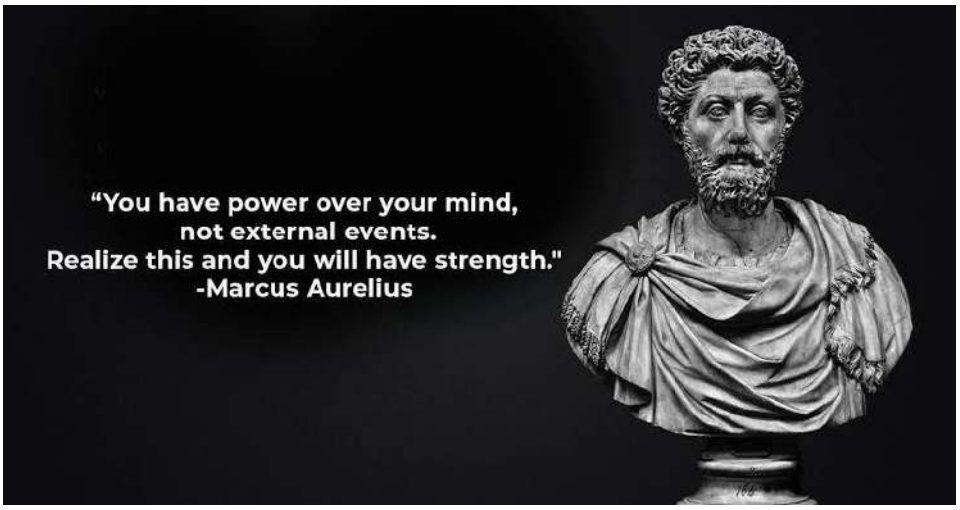
9. **Hypersensitive Glands:**

This bothersome issue may lack a permanent cure and can lead to P.E and ongoing discomfort.
- Apply original Shea butter to the glands 2-3 times daily (morning and night).
- Utilize pure aloe vera gel, or aloe combined with vitamin E, similarly to Shea butter, to soothe the nerves on the foreskin.
- Explore Ayurvedic remedies.

10. **Muscle Loss**:

Cease masturbation entirely.
Engage in daily strength training.
Adopt a balanced diet rich in protein on a daily basis.

Chapter 9: Stoicism and Thought Control



Have you ever wondered why you constantly find yourself struggling with pornography and masturbation? It's difficult to explain, isn't it? Well, I've got you covered. Some years ago, I came across Stoicism through Ryan Holiday's popular book, "The Daily Stoic."

I recall sharing a tip with you like this: "If the battle is in your mind, then fight it mentally, not verbally." Addiction is a mental ailment, so we must approach it as such.

The fundamental essence of the philosophical practice known as Stoicism is to strive for virtue and master the ability to govern your life at the level of your thoughts, ultimately regaining control over everything.

Consider this: "***The mind is the only aspect truly within our control***." (Based on the words of epictitus. While you might believe you have control over your body, it will inevitably face illness or injury, whether you want it to or not.

For Stoics, a person who lacks control over their mind will effectively have no control over anything.

This concept aligns with the teachings of Muhammad (P.B.U.H), the prophet of the Islamic faith, especially in regards to fornication and many significant sins. Rather than simply saying "don't do this," he often advised "don't even go near this!"

Every action originates from thoughts, and that's precisely where you can intervene to halt it. If you catch yourself contemplating viewing explicit images, you can intercept those thoughts. However, if you were to proceed to look at such images and then videos, stopping would become exceedingly difficult.

Now I want you to practice the following mind exercise daily:

Exercise 1

Question yourself when you feel the urge to watch porn: "Why would you want to watch someone having sex with some girls, knowing well that he is the one enjoying it, not you?"

Exercise 2

Since the brain seeks rewards, reward yourself for every week/month you go without porn. Doing that could change the chemical reactions in the brain.

If you grasp the message I'm conveying here, it's this: if you fall into the category of class A masturbators, it's not just masturbation that you need to halt; it's cutting out pornography that you must do, starting from the level of your thoughts down to your regular browsing habits. As for class B, the recommendation is to consider marriage at the earliest opportunity.

Chapter 10: Semen Retention



The art of retaining semen is far more than just abstinence from ejaculation; it is a practice that delves into the depths of human potential and self-mastery. In this chapter, we will explore the concept of semen retention, its differences from regular sexual release through ejaculation, and its historical and cultural significance.

Semen retention is the practice of abstaining from ejaculation and retaining the seminal fluid within the body. In contrast to the conventional notion of sexual release, which often involves frequent ejaculation, semen retention advocates for the conservation of this vital energy. The act of retaining semen is believed to harness the innate power and vitality present in the seminal fluid.

Semen is not merely a reproductive fluid; it contains a potent combination of **essential nutrients, hormones, and life force**. Ancient practices like Ayurveda and Traditional Chinese Medicine (TCM) view semen as a source of vitality that influences physical, mental, and spiritual well-being. By abstaining from ejaculation, individuals aim to channel this energy upwards, nourishing the body and mind.

Regular ejaculation occurs during sexual release or self-pleasure, and it is often seen

as a natural bodily function. On the other hand, semen retention encourages individuals to become aware of their sexual energy, avoid wasteful loss of this energy, and redirect it for various purposes.

Historical and Cultural Perspectives

The practice of semen retention is not a recent fad; it has roots in ancient cultures and traditions. Across the globe, various civilizations have embraced this practice for different reasons, with each culture attributing unique significance to it.

In ancient India and China, the concept of semen retention was an integral part of spiritual and philosophical practices. In Indian traditions like Tantra and Yoga, practitioners believe that preserving semen aids in awakening the Kundalini energy, a powerful force residing at the base of the spine. This awakened energy is said to

traverse the body's energy centers, or chakras, leading to profound spiritual experiences and enlightenment.

In Traditional Chinese Medicine, semen is considered a vital essence called "Jing." By retaining Jing, individuals aim to enhance their overall health, longevity, and promote the harmonious balance of Yin and Yang energies.

Health Benefits of Semen Retention

Below are some of the confirmed benefits that semen retention fosters on the special individuals who practice it!

- Increased Vitality and Energy
- Improved Concentration and Focus
- Heightened Sexual Pleasure
- Enhanced Emotional Well-being
- Boosted Confidence and Self-Esteem
- Spiritual Growth and Awareness
- Physical Health Benefits
- Improved Relationships

- Reduced Sexual Dysfunctions
- Longevity and Aging

Below is a brief explanation of each of the benefits of semen retention I listed above:

1. Increased Vitality and Energy: Semen contains essential nutrients and hormones, and by abstaining from ejaculation, proponents believe that individuals can retain and redirect this vital energy, resulting in increased physical and mental vitality.

2. Improved Concentration and Focus: With the conservation of sexual energy through semen retention, individuals may experience enhanced mental clarity, focus, and improved productivity in various aspects of life.

3. Heightened Sexual Pleasure: Some practitioners claim that by retaining semen, sexual experiences become more intense

and pleasurable due to the build-up of energy within the body.

4. Enhanced Emotional Well-being: Semen retention is thought to lead to emotional balance and increased self-control, helping individuals manage their sexual urges and emotions more effectively.

5. Boosted Confidence and Self-Esteem: Practicing semen retention often requires self-discipline, leading to increased self-confidence and self-esteem as individuals gain mastery over their impulses.

6. Spiritual Growth and Awareness: In spiritual traditions, semen retention is believed to elevate consciousness, enhance spiritual experiences, and foster a deeper connection with one's spiritual self.

7. Physical Health Benefits: Some practitioners claim that semen retention can

lead to physical benefits such as improved immune function, increased muscle strength, and healthier skin.

8. Improved Relationships: Redirecting sexual energy through semen retention may result in more meaningful connections with partners, fostering deeper intimacy and emotional bonding.

9. Reduced Sexual Dysfunctions: Some individuals report improvements in sexual dysfunctions like premature ejaculation or erectile dysfunction as a result of semen retention practices.

10. Longevity and Aging: In certain cultural beliefs, semen is associated with life force or vital essence. Semen retention is believed to promote longevity and slow the aging process, according to some traditional practices.

Figures Who Practice Semen Retention

Here is a list of some historical and modern figures who have been associated with semen retention:

1. Leonardo da Vinci (1452 - 1519) - Italian polymath and Renaissance artist.
2. Sir Isaac Newton (1642 - 1727) - English mathematician, physicist, and astronomer.
3. Ralph Waldo Emerson (1803 - 1882) - American essayist and philosopher.
4. Nikola Tesla (1856 - 1943) - Serbian-American inventor and engineer.
5. Sir Francis Bacon (1561 - 1626) - English philosopher and statesman.
6. Gandhi (1869 - 1948) - Indian independence leader and activist.
7. Bram Stoker (1847 - 1912) - Irish author (known for creating Dracula).
8. Julius Caesar (100 BC - 44 BC) - Roman general and statesman.

9. Lord Byron (1788 - 1824) - English poet and writer.
10. Benjamin Franklin (1706 - 1790) - American polymath and statesman.
11. William Shakespeare (1564 - 1616) - English playwright and poet.
12. Franz Kafka (1883 - 1924) - Czech writer.
13. Swami Vivekananda (1863 - 1902) - Indian Hindu monk and philosopher.
14. Sigmund Freud (1856 - 1939) - Austrian neurologist and psychoanalyst.
15. Voltaire (1694 - 1778) - French writer and philosopher.
16. Giacomo Casanova (1725 - 1798) - Italian adventurer and writer (known for his romantic escapades).
17. Charles Darwin (1809 - 1882) - English naturalist and biologist.
18. Arthur Schopenhauer (1788 - 1860) - German philosopher.
19. Thomas Edison (1847 - 1931) - American inventor.

20. Mark Twain (1835 - 1910) - American author and humorist.
21. Andrew Tate - Former kickboxing champion and social media personality.
22. Mantak Chia - Taoist master and author known for his work on Taoist practices.
23. David Deida - Author and teacher of spiritual growth and sexual practices.
24. Napoleon Hill - Self-help author who mentioned sexual energy in his writings.
25. Steve Jobs - Co-founder of Apple Inc
26. Osho (Bhagwan Shree Rajneesh) - Spiritual leader who discussed tantric practices.
27. Jack Canfield - Author and motivational speaker (mentioned in some interviews).
28. David Wolfe - Health and wellness author (mentioned in some discussions).
29. Wim Hof - Known as "The Iceman," a proponent of specific breathing techniques (related to sexual energy practices).

Chapter 11: How to Protect Children from Porn



Children of today have become primary targets for internet pornography and other vices, largely due to their innate curiosity and innocence. Regrettably, parents often overlook the need to monitor their children's online activities and content consumption on their smartphones. That said, here are several proactive measures I intend to adopt in order to safeguard my children in the future, drawing from my own personal experiences.

Imagine being a part of Generation Z, much like myself, where the detrimental effects of pornography and masturbation have left a lasting impact on your life. Now, envision the prospect of becoming a parent in the years to come, only to falter in shielding your offspring from these deleterious influences. While our parents may not have grappled with smartphones in their time, they can't be held entirely accountable, given their limited awareness of the potential harm. However, possessing a clear understanding of these potential risks, neglecting to shield your children from such perils might result in them harboring resentment, directed both at you and possibly themselves. Let us collectively strive to avert such a disheartening scenario.

1. **Don't Give Them a Phone Until 18:**
By the age of 18, a child is likely to have reached the peak of puberty, with most of their organs, including their eyes and brain,

fully developed. Since they've managed without a phone for years, losing it wouldn't be a major concern. Pornography and masturbation are more dangerous for kids who start engaging in them at a tender age, between 11 and 15, before their bodies fully develop.

If they have a school assignment, you can allow them to use your phone, or if you have a PC, that's another option.

2. Don't Take Them Far Away:

I've been a victim of this myself. If you send your child to study in distant cities, make sure they stay on the school campus and not with relatives or friends. It's risky, as you can't be sure of the moral standards of the children there. They might influence your child negatively and undo the values you've instilled over the years.

3. Avoid Older Male Friendships:

While some kids may seem mature beyond their years, it's important to prevent them from befriending significantly older boys. These friendships could expose them to mature conversations that they might not fully comprehend, leading to curiosity and further exposure to harmful content.

4. Keep Sexual Content Out of Their Reach (Including this book):

Many people reading this might have experienced encountering sexual content. Don't let your kids fall into the same situation by keeping explicit content from magazines, cassettes, TV channels, and even explicit biology books out of their reach.

Children, as I used to mention, are curious about new things they encounter, unlike adults who are usually preoccupied. It's better for them to learn about sensitive

topics at an appropriate age rather than too early.

According to research I've seen online, some people relate such incidents to abuse and blame their parents for allowing them access to such materials. Don't use excuses like "My son is a saint" or "He's smart" to justify giving them a phone. I've witnessed more devastating consequences for "saints" due to smartphone usage.

5. Don't Let Them Idle:

Did you know that out of the top 100 richest billionaires in the world, 70 are self-made, while only 30 inherit family wealth? So, what am I trying to convey here? Well, don't let your child remain without work or a job just because you think you're wealthy. Encourage them to work, even if it's part-time, to gain experience in skills and business management.

This is particularly crucial for parents without substantial wealth. Don't leave your kids idle at home while you work to provide for them. If your child reaches 15 and you live in Africa, encourage them to find something productive to do. This way, they won't regret being overly indulged with love by you. While they might initially dislike being pushed into a job, they'll eventually understand that you want what's best for them.

6. Educate Them on Vices:

Allow me to share an amusing yet impactful story. A coffee company in Japan struggled to gain traction in a population addicted to tea traditionally. However, they devised a clever plan. They began gifting coffee to children at different schools. Fast forward 30 years, and these once kids now love coffee, along with the next generation. This illustrates the power of early education in shaping preferences and behaviors.

Ever wonder why kids are exposed to LGBTQIA+ influences when they can't reach you? Well, the answer lies in the story above.

Pay attention now. If you have children or siblings you wish to shield from indecency and immorality, it's essential to start educating them early. Teach them about gender differences, responsibilities, compassion, chastity, patience, and kindness. Don't rely solely on schools to impart these values, unless your child is studying in the Middle East.

Let me offer another example. While I was advised not to steal as a young child, nobody taught me about sexuality. Consequently, I developed a strong aversion to touching others' money or possessions, even if they were lying on the ground.

However, I find it puzzling that I fell into the habit of watching pornography, despite knowing it's forbidden in my faith, similar to stealing. It's a frightening realization, underscoring the importance of early education in developing stronger barriers against such harmful behaviors.

Chapter 12: Business Ideas to Start

My dear friend, let's delve into the concept of hypergamy, something I may have mentioned before. Hypergamy refers to the desire for a partner of higher value, either socially or financially. This explains why you might see one man with 10 girlfriends chasing after him while you find yourself without any.

If you're currently employed, that's great. However, if you're without a job, this piece is tailored for you. The following steps will guide you in starting something meaningful, allowing you to earn money, gain recognition, garner respect, and afford whatever you desire, whenever you want it.

1. Job:
While it's true that many jobs pay very little, especially here in Africa, having a job is certainly better than having none. Gone are

the days when we'd hide from a girl while carrying a bag of garbage or cleaning sewers. Times have changed. With no one else to rely on, you must take the initiative to provide for yourself – that's the essence of being a man.

2. Business:
Starting a small business isn't something to be ashamed of. In fact, it can provide an opportunity to enhance your business skills and generate extra income. Consider setting up a table or stall at your house entrance to sell clothes, or venture into reselling data – a business you can kick off with just 10,000 naira (equivalent to $15).

3. Online Business: The digital realm has transformed many young individuals into millionaires. However, success in this domain requires knowledge, given the plethora of online business models available. These range from selling

products, be they your own or others', to offering services like graphic design.

Another avenue is content creation, where you consistently deliver what your audience desires – be it through videos, music, or text. In return, platforms and your fans compensate you. Think platforms like YouTube, TikTok, or Twitter – precisely what I was referring to. If you're interested in launching your journey on YouTube, I have you covered. I offer a premium YouTube course on Udemy.com priced at $9.99, but you can grab it for FREE by simply requesting it within my community!

4. Farming:
Farming is a respectable way to kickstart your income, even if you're not tech-savvy. Start with small-scale farming, an endeavor that doesn't demand substantial investment yet offers lucrative market prospects. Crops like yams, maize, or other regionally demanded produce can be viable options.

If you're without your own land, fear not. In my area, you can rent farmland for as little as $10 per year. It's an opportunity worth considering. Should you have any inquiries related to farming, feel free to ask questions within the community at any time.