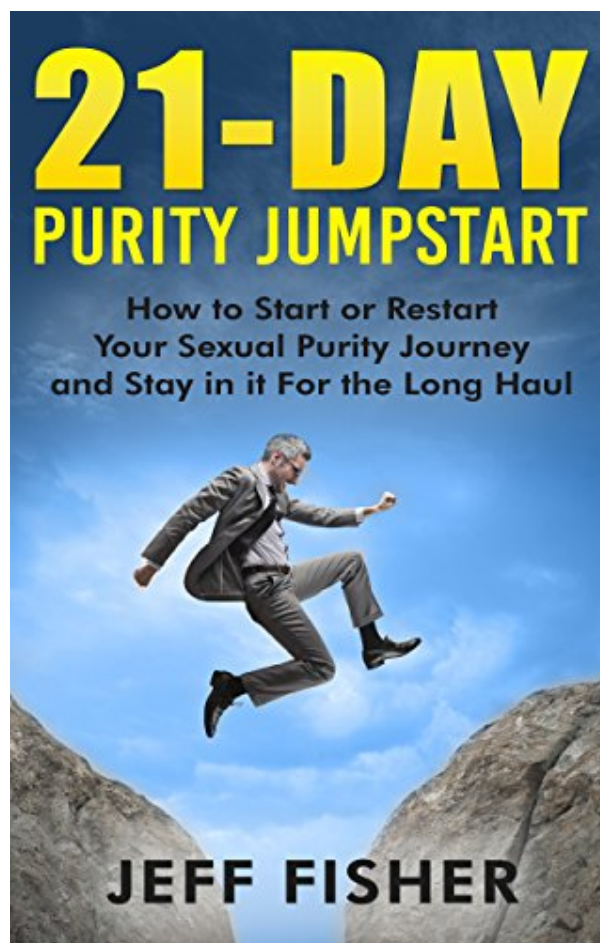
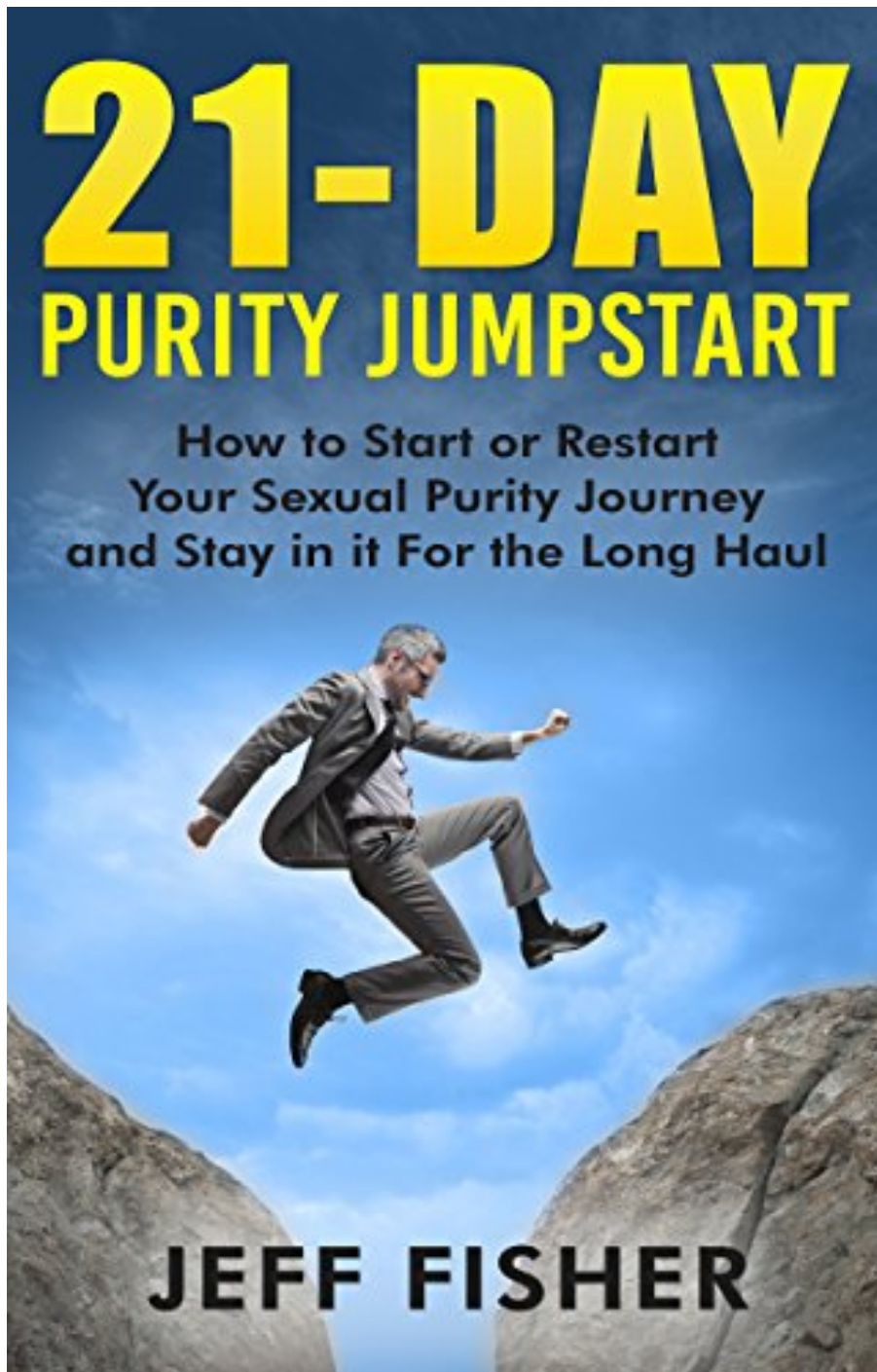


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About the Author

Jeff Fisher is founder of PurityCoaching.com and PorntoPurity.com. Pornography and sexual sin once controlled his life. He found support, wise people, mentors, and the power of God to help him break free. He runs several local and online support groups during the week, and meets one-on-one with men needing help with accountability and developing their purity strategies. He is a blogger and hosts Purity Coaching With Jeff Fisher, a popular Christian sexual addiction recovery podcast (I-Tunes). He and his wife Marsha live with their two children in Raleigh, North Carolina.

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You can learn to be sexually pure. You can develop a strong purity strategy. You can learn to honor God with your mind, eyes, heart and body.

Jeff Fisher of PurityCoaching.com has worked with hundreds of men to help them find purity. A sexual struggler himself, Jeff was able to find healing, freedom and purity from his pornography addiction. In this book, Jeff coaches you for 21 days, teaching you key principles to help you get a good jumpstart in your journey.

Learn the 4 S's of sexual purity and how to build them: Support, Structure, Support and Spiritual Life.

Learn how to avoid relapse and minimize slips.

Learn how build a strong offense and defense.

Learn how to find support and accountability.

Learn how to come out of isolation and find safe people who can help you.

Learn how to tap into the power of God for help and strength.

Learn how to say "no" to unhealthy sexual practices and "yes" to healthy sexual practices.

Learn keys to stopping lust, masturbation and objectification.

The book is a workbook, full of action points and space for you to write your reflections and questions.

The book is perfect for solo study or for small groups or accountability groups.

On Jeff's site PurityCoaching.com there are companion videos available for purchase, as well as options for support groups, accountability and personal purity coaching.

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One of the BEST guides for achieving sexual purity!

By Amazon Customer

I can think of few resources that I would hand to a guy who's struggling with a sexual addiction and wanting to find freedom. Jeff's book is probably one of the top 3 I would recommend. He does an incredible job of meshing together spiritual, clinical, and practical principles for living a life of sexual purity & wholeness. I've known Jeff for a few years now and have consumed LOTS of his content. And all his content is great. But this, by far, is the best stuff he's every produced. Great job Jeff! I love it!

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try again with a jumpstart

By Jerry Eberle

Reading this book is like having a friend/coach come along side you and walk with you through your recovery journey. Jeff Fisher strikes just the right tone and knows when you need encouragement and when you need tough talk. I found this book to be extremely helpful, and you will to. Not too long, but just long enough to get you going with a "jumpstart" on your journey. Do yourself a favor: if you tried to quit porn and couldn't do it on your own, buy this book and try again. You won't be sorry.

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love and encouragement

By Amazon Customer

A very thoughtful and insightful book filled with compassion, love and encouragement. Jeff really understands the plight and struggles of one who is seeking to overcome the struggle to stay pure in this impure world. Jeff understands how important it is to incorporate scripture and self introspection into this purity journey. At the end of the day, Jeff really helps you to jumpstart your purity journey!

Carl

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