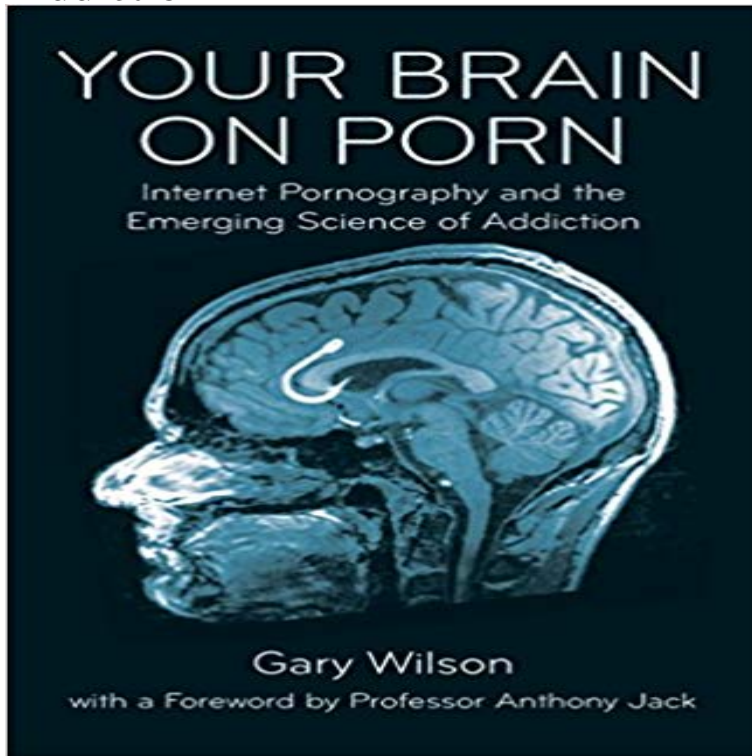


# Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction



When high speed internet became widely available a few years ago, growing numbers of people began to worry that their porn use was running out of control. Far from preparing them for fulfilling relationships, viewing an endless stream of porn videos led to unexpected symptoms. Perhaps most surprisingly, for the first time in history erectile dysfunction was becoming a significant problem for young men. This led to one of the largest informal experiments in the history of science. Tens of thousands of people have tried abstaining from sexually stimulating material in a process they call rebooting. Many of them reported startling changes, from improved concentration and elevated mood to a greater capacity for real-life intimacy. Gary Wilson has listened to the stories of those who have tried giving up internet porn and related them to an account of how the reward system of the brain interacts with its environment. And now a growing body of research in neuroscience is confirming what these pioneers have discovered for themselves - internet pornography can be seriously addictive and damaging. In *Your Brain on Porn* Wilson provides a concise introduction to the phenomenon of internet porn addiction that draws on both first-person accounts and the findings of cognitive neuroscience. In a voice that is generous and humane, he also offers advice for those who want to stop using internet pornography. The publication of *Your Brain on Porn* is a landmark in our attempts to understand, and remain balanced in, a world where addiction is big business.

Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction (English Edition) eBook: Gary Wilson: : Tienda Kindle. Achetez et téléchargez ebook *Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction (English Edition)*: Boutique Kindle This is the most considered, thorough and accurate account of internet porn addiction that exists at the time of writing. Professor Anthony Jack, from the *Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction (English Edition)* eBook: Gary Wilson: : Kindle-Shop. *Your Brain*

on Porn: Internet Pornography and the Emerging Science of Addiction (English Edition) eBook: Gary Wilson: : Kindle Store. - 5 min - Uploaded by OnePercentBetterLearn how porn affects your brain by one of the the worlds foremost on Porn: Internet In Your Brain on Porn Wilson provides a concise introduction to the on Porn: Internet Pornography and the Emerging Science of Addiction.Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction - Kindle edition by Gary Wilson. Download it once and read it on your Kindle Your Brain on Porn by Gary Wilson, 9780993161605, available at Book Depository with free delivery worldwide. Your Brain on Porn : Internet Pornography and the Emerging Science of Addiction. 4.2 (780 ratings by Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction is available as a Kindle (\$4.99 / ?2.99 / 3.99) and in pdfYour Brain On Porn: Internet Pornography And The Emerging Science Of Addiction reviews by real consumers and expert editors. See the good and bad ofYour Brain on Porn: Internet Pornography and the Emerging Science of Addiction [Gary Wilson] on . \*FREE\* shipping on qualifying offers. Revised