

LIVE SHAMELESS



HELPFUL RESOURCES FOR
PURE LIVING & SAFE BROWSING

BOOKS & BLOGS

Surfing For God by Michael John Cusick

Porn Free by Matt Dobschuetz

Unwanted by Jay Stringer

Pure Desire by Ted Roberts

From Struggle To Strength by Brant Cole

Feels Like Redemption by Seth Taylor

Wired For Intimacy by Dr. William Struthers

Changes That Heal by Dr. Henry Cloud

The Miracle Morning For Addiction Recovery
by Hal Elrod

Atomic Habits by James Clear

The Power To Change by Craig Groeschel

Rethinking Sexuality by Dr. Juli Slattery

Hiding From Love by Dr. John Townsend

Dopamine Nation by Dr. Anna Lembke

Facing The Shadow by Patrick Carnes

God Loves Sex by Dr. Dan Allender and
Tremper Longman

(For men) The Sex Talk You Never Got
by Sam Joltman

(For women) Christian Cosmo
by Phylicia Masonheimer

(For women) Dirty Girls Come Clean
by Crystal Renaud

(For women) 90 Days To Wholeness
by Crystal Renaud

(For women) Rachael's Journey

(For women) The Beggar's Daughter

(For women) The Grace Spot

(For parents of kids) Good Pictures, Bad Pictures

(For parents of kids) Staying Safe Online Comic Book



PODCASTS

Porn Free Radio with Matt Dobschuetz

The Rebuilt Man with Frank Rich

The Dr. Trish Leigh Podcast

Sex Afflictions & Porn Addictions with Craig Perra

Quit Porn with Ben Uyama

The Griz Podcast with Jason George

Consider Before Consuming with Fight The New Drug

The Pure Desire Podcast



PROGRAMS & COURSES

(For men) Revive Your Life Program from Brant Cole

No More Relapses Course from Brant Cole

X3 Pure Course from XXX Church

The Journey Course from Jay Stringer

(For men) REV Group Coaching with Matt Dobscuetz

(For men) Rebuild Your Life Program from Frank Rich

Fortify Course from Fight The New Drug

Naked Truth Recovery

Live Free Community from Live Free Ministries

(For women) Unraveled from Pure Desire Ministries

(For women) SheRecovery.com

(For women) Arise from Covenant Eyes

(For women) Women In The Battle from Living Truth



SOFTWARE

Ever Accountable

(use this link to get 20% off your first year with the software that pastor Brant personally uses)



Covenant Eyes



Accountable2You





VIDEOS

Brain, Heart, World by Fight The New Drug

Watch This If You Can't Quit M*sturbation by Matt Fradd

Hope for The Adulterous Heart by Joshua Broome

How To Quit Porn by Craig Groeschel

Wired For Intimacy by William Struthers

Understanding Our Unwanted Behaviors
with Jay Stringer

Becoming A Porn-Free Person with Matt Dobschuetz

5 Steps Out Of Porn Addiction & More
by Ever Accountable

Porn Free Radio's Matt Dobschuetz on Recovery, Identity, and Becoming the Man Ahead
by the POrn Free Millennial

7 Ways People Use Porn To Escape Their Life
by Revive Recovery

The 5 Stages of Porn Addiction by Revive Recovery

10 Lessons From 2050 Days Porn Free by Frank Rich

Trafficking Hub by Exodus Cry

The Great Porn Experiment by Gary Wilson | TED Talk

Porn: Human Trafficking At Your Finger Tips
by Jefferson Bethke

The Science of Porn Addiction (SFW) by AsapSCIENCE

How Terry Crews Overcame Porn Addiction by Watch
What Happens LIVE

10 Day Freedom from Porn Action Plan by Carl Thomas
on RightNow Media

20 Truths that Helped Me in My Battle with Porn
Addiction by Steve Gallagher on RightNow Media

Everything You Think You Know About Addiction Is
Wrong by Johann Hari | TED Talk

The Science Behind P*rn Addiction is Scary
by Andrew Huberman

How to Desexualize Your Brain (as a Christian)
by Alex Wilson

The Real Long-Term Effects Of Porn On Your Brain
by Andrew Huberman

How "Free" P*rn Sites Really Work (and Who Runs Them) by Laila Mickelwait

The AMAZING Story of Joshua Broome on The Becket Cook Show

Breaking Free From Pornography | Proverbs 7 from Timothy Ateek at Watermark Community Church

Women's Video Resources from Covenant Eyes

The Heart of Man (full movie)



INFO & DOWNLOADS

Truth About Porn

Fight The New Drug (Parents Guide)

2023 Barna Report: Beyond The Porn Phenomenon

2022 Common Sense Report: Teens And Pornography

10 Ways To Resist An Urge

How To Find Your WHY

New Fruit: A Woman's Guide To Porn Recovery

5 Keys to Unlocking Freedom from Unwanted Sexual Behavior

