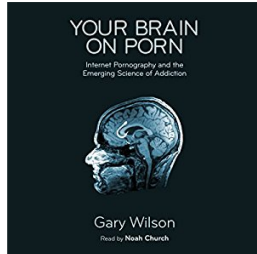


# **Annex 10**

## Your Brain on Porn Book (2nd edition)

The *Your Brain on Porn* book was first published in 2014. Since then it has helped thousands of readers to better understand the science of addiction and the possible effects of internet pornography. **To take into account a wealth of new research a substantially revised and updated 2nd edition was published in December, 2017.** The new edition is an ideal way to step offline and take stock of what we now know about technology and the problems it can cause when combined with sexually explicit content. Addiction is big business. A working knowledge of modern neuroscience might keep you from becoming its product.

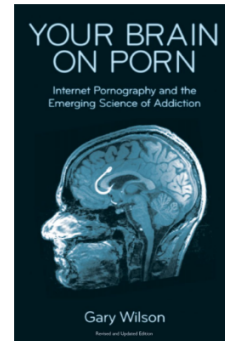
*Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction* is available as a **Kindle (\$5.99 / £3.99 / €3.99)** and in **pdf format via Paypal**. 180 pages, 50,000 words. It is also available in **hardcopy** and **audiobook** versions:



- [Order paperback here or at Amazon](#).
- So far, *Your Brain on Porn* has been translated into Dutch, Arabic and Hungarian. [View translations](#).
- Order the [audiobook on Audible US](#).

Visit the *Your Brain on Porn* [FaceBook page](#) or [Twitter](#) for relevant updates.

**Note: All YBOP proceeds from these items go to a UK charity that promotes education and research on porn's effects.**



### Reviews of 1st edition:

"In this book, Gary Wilson presents a wealth of evidence that fast Internet porn can have harmful addictive effects. The series of highly favourable reviews of this newly-released book on both American and UK Amazon bear witness to just how relevant and helpful it has already been. The book is written in a simple clear language appropriate for expert and layperson alike and is rooted firmly within the principles of neuroscience, behavioural psychology and evolution theory. The suggested ways of addressing the problem are also based upon established principles of behavioural psychology and do not involve probing the depths of the unconscious mind or years of expensive therapy. The book does not preach a moralistic message. As an experimental psychologist, I have spent over 40 years researching the bases of motivation and I can confirm that Gary's analysis fits very well to all that I have found."

~(Professor) **Frederick Toates, Open University, England** author of *'How Sexual Desire Works: The Enigmatic Urge'*

"As is the case so often with new phenomena, science lags behind lived experience. Gary Wilson brings the two together powerfully as he explores the addiction that dare not speak its name. This book crackles with energy, urgency and humour. It offers up the hope of recovery to those struggling with internet porn addiction and it does so with compassion and informed authority. As a clinician I recognise the stories within its pages and I recognise the value of the solutions offered. This book is not to be missed."

~ **David McCartney, MD, Primary Care Addiction Specialist, Edinburgh**

In this important book, Gary Wilson correctly identifies the obsession with pornography as a fetish – using an inanimate object for sexual arousal/gratification – and discusses the biopsychosocial consequences that often result from compulsive use of pornography for sexual arousal. The book describes many examples of the "rebooting" process that is necessary for sexual functioning to heal. He also explains the changes in brain physiology when sexual addiction hijacks normal sexual behavior – including why recovery takes time.

~**Reid Finlayson, MD, Medical Director, Vanderbilt Comprehensive Assessment Program, Associate Professor of Clinical Psychiatry**

At last a morally neutral and scientifically robust explanation for why so many people are getting hooked on porn. This book provides a comprehensive biological and sociological exploration of how and why pornography addiction is damaging so many people's lives and provides strategies for reclaiming control that are backed up by hundreds of stories of personal experience. This is essential reading for therapists, sex educators and everyone who cares about enjoying sex.

~**Paula Hall, PhD, Sex Therapist, Author *Understanding & Treating Sex Addiction***

For too long discussions about whether pornography is harmful and/or addictive have been dismissed by many sexologists as arbitrary moralistic infringement on First Amendment rights. It is now clear to anyone whose opinion on this issue is informed by current neuroscience models of reward learning, and who therefore have an understanding of neuroplasticity, that natural rewards can become addictive in a neural modulating context.

Wilson has tapped into and opened a window into the experience of an emerging generation who have been taught that sex is pornography. They see the sexual world pornography portrays with its endless novelty, fake orgasms, and enhanced breasts as the sexual norm by which real females must be compared. As Naomi Wolf said, "Today, real naked women are just bad porn," she was merely describing what Tinbergen had coined with the term "supernormal stimulus."

Academic sexologists are finding it increasingly difficult to hide behind their veil of apologetics and ignorance, and Gary Wilson's vast knowledge and skillful presentation of the neurobiological literature is contributing to this unmasking. Even more critically, the first person voices in this book of those experiencing the negative effects of the pathological neuroplastic learning process pornography facilitates can no longer be silenced.

~**Donald L. Hilton, Jr., MD, FAANS, University of Texas Health Sciences Center at San Antonio**

*Your Brain on Porn* is the most considered, thorough and accurate account of internet porn addiction that exists at the time of writing.

~**Anthony I. Jack, PhD, Professor of Philosophy, Psychology, Neurology and Neuroscience and Research Director of the Inamori International Center for Ethics and Excellence at Case Western Reserve University**

In *Your Brain on Porn* Gary Wilson sets out to explain how abundant free pornography is causing serious problems for thousands of, mostly young, people. As well as providing a survey of the science of addiction for general readers, *Your Brain on Porn* gives guidance on how to break out of addictive porn use. Porn addiction is an important phenomenon and in *Your Brain on Porn* Wilson gives us valuable resources for understanding and addressing it.

~**Dr Nicole Oei PhD, Addiction, Development and Psychopathology (Adapt) Lab, Department of Psychology, University of Amsterdam**

[Watch short YOUTUBE video](#) describing the book by a reader (who is not affiliated with YBOP).

[YouTube interview of author Gary Wilson by recovered porn user Noah Church](#)

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YouTube interview of author Gary Wilson by recovered porn user Noah Church

## ARTICLES RELATED TO BOOK BELOW

- "Your Brain on Porn" – Father's Network Scotland (book review)
- "Your Brain On Porn" With Gary Wilson and Carol the Coach
- "Little Atoms" Podcast with Gary Wilson
- "My teen porn addiction ruined my life" (Times, UK)
- "Porn Addiction: Not the Whole Story" PsychCentral
- "Porn: On Your Performance with Gary Wilson"
- "Take Back Your Power from Porn" with Gary Wilson
- "Watching explicit internet porn as a child warped attitude towards women, left him feeling depressed, anxious and mentally disturbed" (Daily Mail)
- "Your Brain on Porn: Understanding Internet Porn Addiction" (podcast)
- An Open Letter on Porn (John Gottman)
- Brother Ali's Rap Song About Internet Porn Use (AFH)
- Clyde Lewis interviews Gary on Ground Zero (syndicated radio show)
- Fap Or Fuck: It's Time to Choose (VICE interviews Gary)
- Follow Gary's Twitter account
- Follow YBOP's FACEBOOK page
- Gary Wilson and Stefan Molyneux
- Gary Wilson on McDermott Radio Show
- Gary Wilson Talks About The Harmful Effects of Porn (Slickster)
- Gary Wilson: Your Brain on Porn (Podcast)
- Getting off pornography lifts brain fog, real-girl terror
- Has Porn Overwhelmed Our Brains? The "NoFap" Movement Thinks So
- How Online Sexual Stimulation Can Lead to In Real Life Sexual Dysfunction
- How Porn Is Messing with Your Manhood (SKEPTIC Magazine – article by Philip Zimbardo & Gary Wilson)
- Is Watching Porn At Home Making You Perform Worse At Work? (MTV)
- More on Porn: Guard Your Manhood—A Response to Marty Klein, by Philip Zimbardo & Gary Wilson
- Need More Sales Motivation? Cut Out The Porn! (podcast)
- New edition of "Your Brain on Porn" book now out – in audio too!
- Opinion: The day the men died — Why young men are failing in society
- Porn and Social Anxiety (interview Social-Anxiety-Solutions)
- Porn and the Threat to Virility (TIME Magazine cover story for the April 11, 2016 issue)
- Porn vs Having Sex With A Real Person (RelationshipSchool)
- PORNI Is it Actually Good For You? | Louder With Crowder (radio)
- The Dangers of Internet Porn (Podcast)
- The Shocking Effect Watching Porn Has On Your Health (UniLad)
- Thriving Launch interviews Gary Wilson (Podcast)
- Translations of Your Brain on Porn
- Video – DEBUNKED: Top Porn Addiction Myths! (Louder With Crowder)
- Video: WHY Porn Changes the Brain [SFW]
- XXX: Porn Addiction (Native America Calling radio)
- YBOP Founder Gary Wilson Tells All, Answers Reader Questions
- Your Brain on Porn Book now available in Arabic!
- Your Brain on Porn Book now available in Dutch!
- Your Brain On Porn: How XHamster and PornHub are rotting your mind (IBTimes)
- Your Brain Vs. Porn (Buzzfeed)
- Robb Wolf Interviews Gary



Time to get real about internet pornography  
Your Brain on Porn is available in audio, ebook, and paperback from \$5.99. Multiple translations are available.

Buy Now

Translations

### Quick Links

- ➔ Home
- ➔ Research
- ➔ Start Here
- ➔ Videos
- ➔ Quitting Porn
- ➔ Latest News
- ➔ Recovery Stories
- ➔ About Us
- ➔ Sexual Problems
- ➔ Contact Us

### Tweets

- @YourBrainOnPorn 2 hours ago  
"Find out if porn has taken over your life" t.co/eah847azA
- @YourBrainOnPorn 2 hours ago  
New article (PIED) t.co/SO16opuY9Q Jeff Foster, MD said: "We're left having to undo the damage caused by..." t.co/yg26OLzB00

### Join Reboot Nation

A "reboot" is a complete rest from artificial sexual stimulation, including Internet porn. Reboot your brain with encouragement and education at

[www.rebootnation.org](http://www.rebootnation.org)

Join RN

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English



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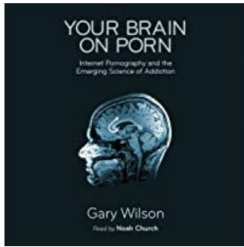
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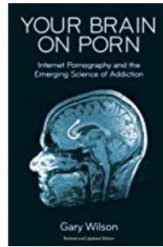
## Best Sellers in Study of Pornography

#1



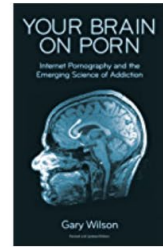
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