

# BOOK REVIEW

**WE GET IT.** Pornography is wrong. It's harmful to the brain, emotionally and psychologically. It exploits women, children, everyone, and it's accessible everywhere and anywhere at any given time. But how do we actually fight against porn and transform our minds if we're already stuck in this problem or know someone else who is?

Heath Lambert deals with the issue of pornography in a way that is saturated in the grace, mercy, and power of Jesus unlike any self-help book before. Not relying on the self and relying on the gospel teachings of Jesus, confession, accountability, hopeful mindsets and practices, and practical disciplines are some of the major things Lambert addresses in his book.

The strategic, gracious, and biblically imbued content Lambert lays out chapter by chapter gives hope to the reader wanting to seek freedom from their pornography consumption and to those who wish to provide hope and help to those who are struggling.

Despite the challenges and devastation porn can cause, there is hope for those who need it, you can be free, finally.

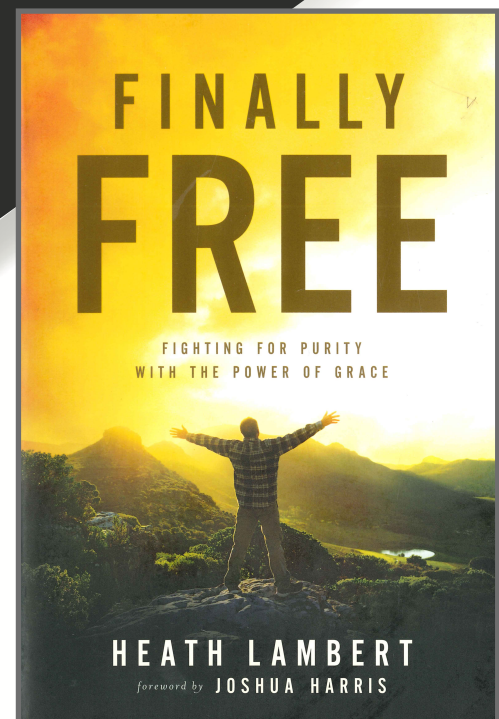
## Home Application

"There are three radical measures you can take with regard to your thinking. **First**, you must repent immediately... repentance is an ongoing practice, and it happens most commonly in the fog of temptation... **Second**, you must remember Scripture... The psalmist says to God, "I have hidden your word in my heart that I might not sin against you" (Psalm 119:11)... **Third**, you must reach out for help... you are not designed to fight the battle of sin and temptation alone. You must call in reinforcements" (pgs., 64-65).

"Transforming grace works when you believe that Jesus gives it to you. The moment you believe in Jesus' grace to change you, you are changing" (p. 23).

"Thankful-ness is the opposite of lust because the thankful heart has stopped prowling around for every -thing it doesn't have and is overwhelmed with appreciation for all the good things it already possesses" (p. 126).

"People who are trapped in the deceitful web of pornography do not need more information about pornography... This book is about the amazing power of Jesus Christ to free you from pornography" (p. 12).



**BUY NOW**