



# **Killing the Bark Beetle: A Personal Account of Overcoming Pornography Addiction**

*Samuel Westerly*

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# Killing the Bark Beetle: A Personal Account of Overcoming Pornography Addiction

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After overcoming a thirteen year addiction to pornography, LDS author Samuel Westerly describes his experience as the most difficult challenge of his life. "Through the power of the Atonement, this addiction is beatable, but it takes an extraordinary amount of sacrifice and personal change to learn how to let the Atonement of Jesus Christ cleanse one's heart and mind and rid one of the addiction." In *Killing the Bark Beetle*, Westerly outlines a day-by-day approach that combines understanding gospel truths as taught by General Authorities of the Church with the application of practical daily techniques. To anyone who personally struggles with pornography addiction, or who loves someone who does, *Killing the Bark Beetle* provides an insightful look at the addiction and outlines an effective path to overcome it.

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