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From the concepts in this book we can "Rewire our brain" to change our depressive moods, self-consciousness, lathargic feelings, anxieties, memory problems or emotionally negative bases into calm, happy and positive states, forming automatic habits allowing us to flow.

Rewire Your Brain - Final Notes.pdf | Anxiety | Habits

Learn about what's going on in your brain. This is important so that you know what to expect during a reboot. Our Porn Addiction 101 page is a great place to get started. NoFap also has a Getting Started guide.

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