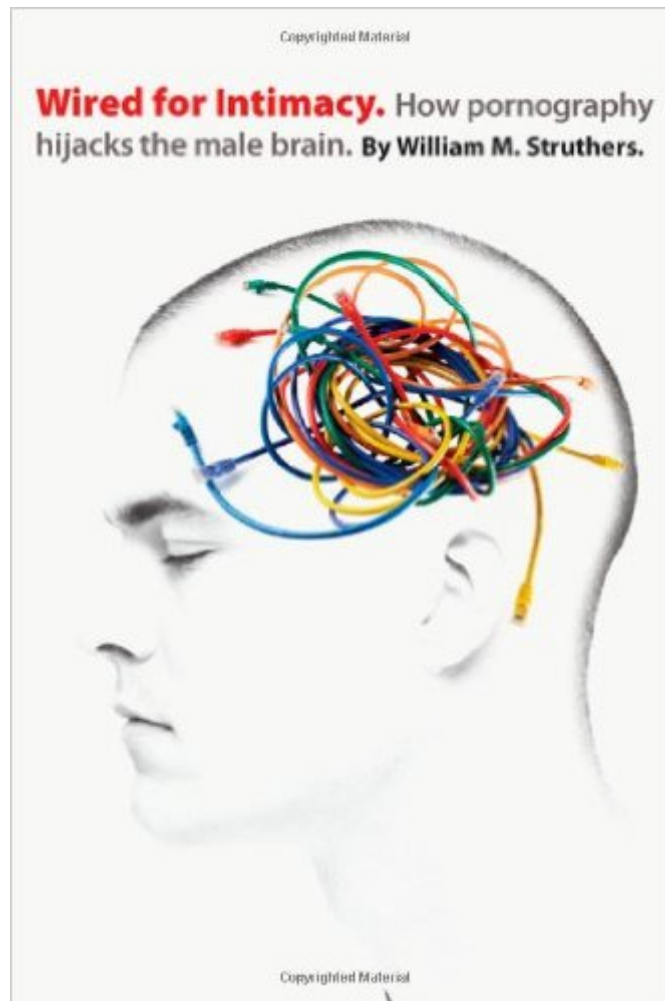


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# Wired For Intimacy: How Pornography Hijacks The Male Brain



## Synopsis

Pornography is powerful. Our contemporary culture has been pornified, and it shapes our assumptions about identity, sexuality, the value of women and the nature of relationships. Countless Christian men struggle with the addictive power of porn. But common spiritual approaches of more prayer and accountability groups are often of limited help. In this book neuroscientist and researcher William Struthers explains how pornography affects the male brain and what we can do about it. Because we are embodied beings, viewing pornography changes how the brain works, how we form memories and make attachments. By better understanding the biological realities of our sexual development, we can cultivate healthier sexual perspectives and interpersonal relationships. Struthers exposes false assumptions and casts a vision for a redeemed masculinity, showing how our sexual longings can actually propel us toward sanctification and holiness in our bodies. With insights for both married and single men alike, this book offers hope for freedom from pornography.

## Book Information

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## Customer Reviews

The pervasiveness of pornography in our culture is obvious and widely discussed. Pornography is primarily marketed to and consumed by men. But why? How does it work? And how can men find freedom? Dr. William Struthers, Associate Professor of Psychology at Wheaton College, has written a very interesting and informative book on how pornography hijacks the male brain and (more importantly) how the very impulses (the drive for intimacy) which propel men toward pornography can lead them out of depravity and into holiness. The book is divided into two sections: How Pornography Works and Healthy Masculinity and Sexuality. Each section has four chapters.

Chapter 1 addresses our culture's saturation with porn. Pornography is hard to define, and therefore hard to legally restrict. Those who produce it claim to be exercising their first amendment rights. Their materials are not harmful, they argue, since all participants are consenting adults. Moreover, they say, you can't prove that porn causes men a host of social, psychological, emotional, and spiritual problems (to say nothing of the problems for women). With the Internet comes access, affordability, and anonymity. In addition, the Internet provides opportunities for communication (chat rooms) and connecting with others (hook up sites). Chapter 2 discusses porn's corruption of intimacy. Rather than sexual intimacy between a husband and wife in a maturing healthy relationship, a man learns to focus on the physiology of sexual sensations detached from any significant relationship. This brings shame, increasing loneliness, and less libido for their wives (or girlfriends). Chapter 3 expands on these consequences.

Originally posted on my [...] blog  
The promise of *Wired for Intimacy* is that it can speak to the problems of pornography both from a Christian/theological/moral perspective and a neurological/psychological perspective. Some people are drawn more to one type of argument or the other. But I think it is important that there is an attempt at both sides. Without the theological, there is just a pragmatic science. Without the science, it is one person's theological system against another. The first half of the book progresses from definition of pornography, to the social issues that occur because of pornography, to the neurological effects on the male brain from exposure to pornography. This is the heart of the book. The main issue identified neurologically is the potential for creating sexual triggers that are based more on pornography than a sexual partner. And the earlier a person is introduced to pornography the more likely that sexual response will become dependent on pornography and create sexual dysfunction when sexual response is desired with a human partner. Sexual response for a male is more complicated than I would have imagined. There are a variety of chemical, hormonal, and other neurological responses that usually occur in the progression of arousal through to orgasm. But when pornography is used, several of the steps are skipped. When the brain becomes used to skipping steps, the ability for a man to have a fuller sexual response becomes limited. (There is a lot of neurological science in the book that I am skipping.) For readers that are Christians I think that chapter 2 (Corruption of Intimacy) is important.

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