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New: A Christian Woman's Guide to Breaking Free from Pornography

Colorado Springs, CO, September 7th, 2012—Shelley Hitz and S'ambrosia Curtis have co-authored a book to help women overcome their addiction to pornography. The book released in late August by Colorado Springs based Body and Soul Publishing has already become an Amazon bestseller.

“A Christian Woman’s Guide to Breaking Free from Pornography” is a new book written by two women who have been set free from the trap of pornography and now desire to help others. Shelley Hitz and S’ambrosia Curtis both know firsthand the battle that women go through to overcome a pornography addiction and have poured their hearts into this book in the hopes of helping other women find freedom as well.

Shelley first came up with the idea for writing this resource after multiple women (young and old) confided in her at her various speaking engagements across the nation about their secret struggle with pornography. Shelley has authored multiple books for teen girls and women, and when speaking about this particular book she said, *“I have felt an intense spiritual battle, which leads me to believe that God is going to use it powerfully. Within the book, I share honestly my own struggle with pornography and the freedom Christ has given me.”*

The book includes relevant statistics demonstrating the influence of pornography in modern media, encouraging testimonies from women who have overcome their addiction by the unfailing grace and power of Christ, and various strategies for resisting temptation in order to break free from pornography. After months in the making, the official book launch is scheduled for September 26th and 27th, 2012. During this two day book launch, the Kindle version of the book will be available as a free download.

They have also created a website, www.ChristianWomenAndPorn.com, where women can read the first chapter for free, connect with the authors, and access other resources to help them overcome their battle with pornography.

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