



www.guardyoureyes.org

A website for religious Jews struggling to maintain their moral purity in today's world

Start the journey to recovery today.

Incredible testimonials of hundreds of frum Yidden helped!

- Website updated each day with new articles, tips and quotes.
- Two daily e-mail *Chizuk* Lists (browse the archives of over 500 past e-mails)!
- A discreet Forum – a vibrant community of fellow strugglers supporting each other anonymously.
- Download the two FREE groundbreaking **handbooks** to guide you systematically through recovery, step by step, and to help you develop the proper attitude in this struggle.
- **Hundreds of Tips, divided into useful categories, can help anyone break free of Internet addictions.**
- Hotlines. Speak confidentially & anonymously with experienced addiction sponsors, live!
- Support Groups, The 12 Steps.
- Find an accountability partner or sponsor.
- Anonymous weekly phone conferences with a certified counselor on the line.
- Comprehensive lists of Internet filter options and information, as well as many other useful links for help in recovery.
- Many therapy options, lists of therapists and even medical tips!
- Countless Recovery Stories. Learn how others, even in the worst situations, have turned their lives around!
- FAQ Page with many useful Q & A on sobriety and moral purity



A REVOLUTION IN THE RELIGIOUS COMMUNITY



R' Avraham J. Twerski, world renowned expert on addictions, author of over 50 books, and a true leader in Klal Yisrael, is one of the guiding forces behind this site.

All services are provided free of charge.

Help support this monumental undertaking. Help Klal Yisrael tackle this generation's greatest test!

Guardyoureyes.org is the only organization in the world to deal with these issues in such a comprehensive way in the religious community today!