



# Guard Your Eyes

[www.guardyoureyes.org](http://www.guardyoureyes.org)

A program for religious Jews struggling to navigate the moral challenges of today's world.

## Start the journey to recovery today.

*Incredible testimonials of hundreds of people helped!*

- Website updated each day with new articles, tips and quotes.
- Two daily e-mail Chizuk Lists (browse the archives of over 800 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.**
- Protect your family. Comprehensive lists of Internet filter and monitoring software options.
- 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.
- 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, warmly endorses the Guard Your Eyes program, and is one of the guiding forces behind it.*

**All services are provided free of charge.**

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

**Guard Your Eyes is the only organization in the world to deal with these issues in such a comprehensive way in the religious community today!**