Track: A (Female) Student's Guide to Purity in a Porn-Saturated Culture

Helen Thorne–Allenson

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DESCRIPTION

Director of Training and Resources for Biblical Counselling UK, Helen Thorne–Allenson, gives us this essential guide for young women to what the Bible says about pornography.

We live in a world where pornography is easy to access. At the click of a button, it tempts us to use our devices and bodies to get a cheap hit of excitement, devoid of any real human interaction or care. But God calls us to a life which is the opposite of that. Helen Thorne-Allenson shares not only a convincing explanation as to why using porn is unhelpful but also some practical tips for breaking the habit. Each chapter ends with questions for reflection and discussion.

- **Tackles issue of pornography use for young women**
- **Practical tips to stop using pornography**
- **Discussion questions at the end of each chapter**
- **Part of Track series for young adults**

This book contains no graphic detail about the contents of porn. There is no manipulating you to feel guilty for decisions you may have made in the past. And there is no pretending that living for Jesus is always easy. There is, however, an honest look at who we are, what pornography is, why we are here, and how God is calling us to live – and an invitation to follow him into a future that is beautiful beyond compare.

AUTHOR

Helen Thorne-Allenson is the Director of Training and Resources at Biblical Counselling UK. She is an experienced speaker and author whose other works include 'Hope in an Anxious World' and '5 Things to Pray for your Suffering Friend'. She is married to Nick, lives in Hampshire, UK and very much enjoys Korean food.

ENDORSEMENTS

This book is gospel–saturated, with encouraging Scriptures chew on, and it is also practical, with useful tools and questions for reflection. I will utilize this resource in my counseling room, with teenagers as well as adults.

Hayley Satrom
Counsellor and co–host, Counselling Talks

Do you want to shun porn and pursue Christ? Then this book is for you. Helen – as always – keeps it real! She is wise. She is honest – a friend to be trusted. In this little book Helen demonstrates that not in porn but in our Living God we find the true object of human curiosity, comfort, community and beauty.

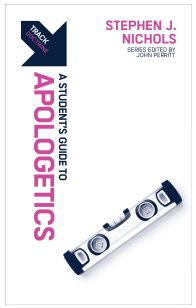
Natalie Brand
Bible teacher and author of 'Priscilla, Where Are You? A Call to Joyful Theology'

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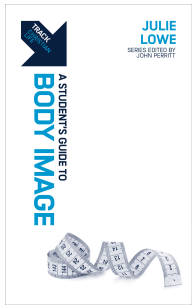
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