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Sommario/riassunto	Our media is filled with confusing, polarizing messages about the dangers of porn, while at the same time sexually explicit images are pronounced in advertising and entertainment. Using a natural question/answer format for people feeling fear and shame about porn use, this accessible, funny, and well-informed book is the first one to offer men a nonjudgmental way to discover how to view and use pornography responsibly. David J. Ley, PhD, is an internationally recognized expert on issues related to sexuality and mental health. He has authored two books, published in the Los Angeles Times and Playboy, and appeared on television with Anderson Cooper and Dr. Phil.