

# RECOMMENDED RESOURCES

For the last decade, Covenant Eyes has been gathering and producing a number of resources dealing with all aspects of pornography, from prevention to the neuroscience to recovery. The following resources are hand-picked as some of our most helpful for you as a ministry leader. Be sure to check out our blog and other ebooks at [covenanteyes.com](http://covenanteyes.com). Some of the resources below were mentioned in the guidebook. Others are simply included to make leaders aware of what resources are available.

## COUNSELING RESOURCES

- **Hobbies and Habits: Fighting Porn with Purpose**—Intentionally light on theology, this book looks at the practical side of porn recovery, and provides strategies to not just quit porn, but replace it with healthier behaviors: [learn.covenanteyes.com/hobbies-and-habits](http://learn.covenanteyes.com/hobbies-and-habits)
- **More Than Single: Finding Purpose Beyond Porn**—Recovery strategies often focus on marital sex as better than porn, but that can be frustrating to singles. This ebook speaks specifically to the sexual temptations and challenges singles face and give them hope for a porn-free life: [covenanteyes.com/singles-guide](http://covenanteyes.com/singles-guide)
- **Overcome Porn: The 40 Day Challenge**—Available as a free email series or as an app for iPhone® and iPad®, this challenge provides 40 days of biblical information about the science of pornography and how accountability is key to recovery: [learn.covenanteyes.com/porn-free-challenge](http://learn.covenanteyes.com/porn-free-challenge)
- **Transformed by Beauty**—In this inspirational ebook, a priest, a musician, a ballerina, and a body builder share their stories of how their lives were changed because they encountered the beauty of a transcendent God. This beauty helped them find freedom, inner healing, peace, and strength in ways they never imagined: [info.covenanteyes.com/transformed-by-beauty](http://info.covenanteyes.com/transformed-by-beauty)

## FURTHER PASTORAL RESOURCES

- **The Prepared Ministry: Policies that Heal & Protect from Porn**—This deeply practical guidebook outlines four key behaviors of organizations that are successful in helping their staff and people defend themselves against pornography. It's a 15-minute read that could change how you lead your organization: [learn.covenanteyes.com/ready-ministry-guide](http://learn.covenanteyes.com/ready-ministry-guide)
- **Female Porn Users: Why They Watch & How to Help**—For far too long, many have presumed pornography to be exclusively a “man’s issue.” In reality, women make up 30% of all pornography users. Porn and masturbation are not just men’s problems — they’re human problems. This ebook will teach you the top 4 reasons women are attracted to porn, the lies women believe about their porn use, and action steps to help you counsel women who are struggling: [learn.covenanteyes.com/ashamed-ministry-guide](http://learn.covenanteyes.com/ashamed-ministry-guide)