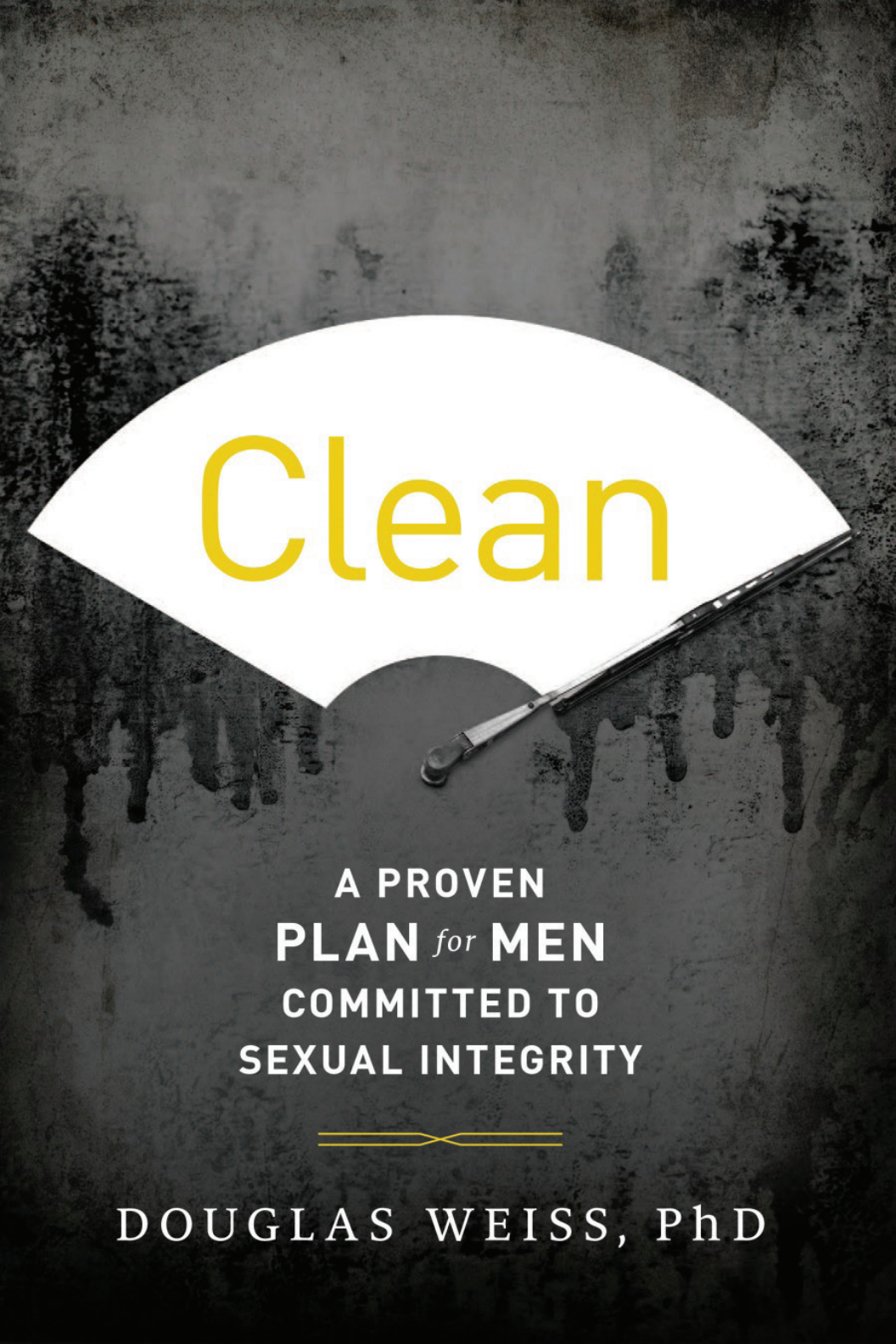
Clean
A PROVEN
PLAN for MEN
COMMITTED TO
SEXUAL INTEGRITY
DOUGLAS WEISS, PhD

A Dirty War Declared

Legend has it that there was a day not so long ago when men were more sexually pure. There was a day when a man gave his word on his wedding day to forsake all others, and he did exactly what he said he would do. He stayed married and faithful to the wife God gave to him to cherish. In that day, it was expected that men would keep their word to their wives and to others. A man was as good as his word, as the stories say.

There was a day when a man would run from wicked women and avoid the porn store located on the dirty side of town. Some with grey hair still talk of the era when a man's word was as good as gold. Then the war started. This wasn't a conventional war with bombs, planes, and navy ships, raised by some faraway nation. This war was raised against us, the church and our culture, from the very pit of hell itself.

The enemy of our souls began a sexual campaign—or as we would later call it, a sexual revolution. This campaign would question the very core biblical view of sexuality. The vicious weapons of pornography, drugs, and sexual immorality were raised against our educational institutions and churches, and the onslaught spread throughout the land. The fight pitted sons and daughters against the truths and values of their parents and grandparents like no other cultural war in the history of man-

kind. These young people talked of free love, or rather free sex. Pornography was a right and sex was was a right without consequences or responsibilities.

This mindset developed in many ways over the next decades. The Internet has taken this sexual combat to every home, computer, and cell phone. For most of us men, pornography is only a click away, and it grants the enemy's army easy access to our hearts, lives, and families.

This has an impact on every church in this great nation and many nations around the world. Some churches are active in the fight against sexual sin, and some have no idea they are in a war; half or more of their men are dead inside because their silent sins are keeping them from reaching their full destiny in Christ.

Clean is a solution manual for all of you engaged in this great war. You didn't ask for it; you just happened to be born when the enemy declared murderous intentions on you and your family, church, and nation. You had no say, but you are called to help our God set free a generation. No church community in history has had to reckon with such an intense and sophisticated inundation of sexually perversity. And we are God's only warriors in this battle. Our culture says we are crazy to believe God's Word about sexual fidelity and purity, whether we are single or married.

If we win this war together, we might see a return to Christian sexual values in our culture. We might return to a day when sexual purity is the standard once again, and perversion is seen for the damaging entity it really is. After I share with you some sobering statistics about our precarious situation, I will take you through this warrior's manual to help you get and stay free your entire life, and to help your brothers in Christ.

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I write this handbook from a place of absolute compassion. I never met my father. I was placed in foster homes, sexually abused, and fully sexually addicted as a teen and young adult. I know the damages of this enemy personally. This soldier has

the scars and has experienced the shame of feeling flawed and disconnected from God and the body of Christ, much like many of you do. The memories of this war are real for me, and so is the victory I will share with you in future pages. Victory is so much sweeter, since this is what God has made each of us for—victory!

I have been sexually clean for more than twenty-five years. I have not masturbated, viewed pornography, or had any sexual behavior outside of my marriage. My clean lifestyle has been validated repeatedly by a polygraph, so I am telling you the truth man to man, soldier to soldier.

You may ask, "Why a polygraph?" Well, several years ago when my pastor fell sexually, one of the female group leaders in my office began to wonder who she could trust. After all, her husband was unfaithful and her pastor as well as mine was also unfaithful. She sincerely asked me if I was really clean. I wanted everyone to know the other clinicians in my office as well as myself are clean. So all of the counselors agreed to take a polygraph annually to verify our years of sexual freedom. Jesus said great love hath no man but to lay down his life for another. We felt that this was the least we could do for those hurt by this pastor's falling.

In the last two decades of counseling men, who were sexually addicted, their wives, and families who were impacted by the man's addiction, I have seen the ravages of this war. You could fill a room with the tears I have witnessed from the men, women, and children who have been wounded. I have also seen the miracle of men getting clean and staying clean and their marriages and families heal, and I have written several books related to sexual addiction. I am considered an expert in the field of recovery, having appeared on Oprah, Dr. Phil, and many other national televisions shows, and I've even had a Lifetime Network movie made about our treatment for sex addicts called Sex, Lies and Obsession. I am also the president of the American Association for Sex Addiction Therapy (AASAT). We train and certify counselors and life coaches to help those who struggle

You have been called to a life of sexual success!

Every Christian man is born into a sexual war. The enemy attacks the young, hoping to scar them permanently and leave them ruined. But your past is not enough to keep you from the enduringly clean life you want and deserve.

Clean is a priceless, no-nonsense resource for every husband, father, brother, son, friend, pastor, and Christian leader on the front lines of this war. It is a soldier's handbook for those ready to reclaim their homes, churches, and nations for the God who has built them to succeed.

Dr. Doug Weiss has been clean for more than twenty-five years, and he has devoted his life to helping other men achieve victory. "This book," says Dr. Weiss, "contains tested and tried weapons for you to get and stay clean, not for a week, month, or year, but for the rest of your life."

Clean provides you with biblical, practical, dependable weapons for seizing and maintaining a clean life for yourself and those you love. You will even be equipped to reach out to your brothers-in-arms and teach them to walk with you in cleanness.

"If the devil wants war, bring it on!" says Dr. Weiss.

Join the battle! Your sexual life is worth fighting for!

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