



He Restoreth my Soul

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In this book, author Donald L Hilton Jr. MD explores the destructive power of pornography addiction, not just from a moral and spiritual perspective, but with the scrutiny of modern science. Current research tells us that there is little difference in physical or chemical changes in the pleasure and control centers of the brain regardless of whether the addiction is "from a chemical or an experience," as stated in the journal Science. Relying on the latest research on addiction, and merging this knowledge with spiritual aspects of repentance and recovery, the author provides understanding and hope to those who seek healing and restoration of both body and spirit, which are the "soul of man."

Donald L. Hilton has graciously decided to donate the proceeds from this book to SA Lifeline Foundation. A none profit dedicated to helping those that suffer from Pornography / Sexual Addiction. As of Feb. 2010 SA Lifeline Foundation has donated a thousand books to individuals who can have benefited greatly from this text. Please visit <http://salifeline.org> to learn more about his important work.

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From Reader Review He Restoreth my Soul for online ebook

Alison says

This is a must read for anyone with a husband or sons. It is essential to understand how sexually addicted our society is even in the mainstream TV programs and romantic literature. This is a wake up call to protect your family.

Mary says

Okay, so five stars on the topic, which is not just important, but increasingly vital. I especially appreciated the many resources which Hilton provides and the scientific perspective of what sex addiction looks like chemically and physically in the brain. My favorite parts, though, my very favorite parts, were the appendices. The honest letters from recovering addicts who discuss what they wish their bishops had asked them, or conversations between a husband and wife talking about the effect pornography had on their marriage was extremely moving in away that the rest of the book (although well intentioned) wasn't. I'd love to see a compilation of these kinds of documents.

My favorite parts:

"Most people ignore those who have trouble, particularly something that is so poorly understood as a pornography addiction" (Husband with addiction 249).

"It may seem silly to change all those little things [the food he ate, the route he drove to work, etc.] but I learned I had to change completely every minor detail of my life. And in each and everything I changed I would say, 'Father. I am changing because I need the grace of Christ in my life.' And it didn't matter what it was, nothing was too minor to me. I wanted to become a new creature in Christ. I had to leave everything of my old self behind to do things differently" (Husband with addition 254).

"Only through Christ can anything be accomplished [...] Our wills are not strong enough. Our bishops are not enough, our wives are not enough and our children are not enough. They can only love, accept and pray. The Redeemer can take our grief, pain and sorrow and somehow--somehow make those power in our lives. Only then can change happen, can redemption come. It isn't over in a flash and it isn't over in a year, and it isn't over in fifty years. It's a cleansing and learning process I will continue forever with Jesus Christ, my Savior" (Husband 256).

"You don't want the devil's solutions to the devil's problems" (addict talking about temptation to quit on your own, hide the addiction, put the past in the past, expect it to be easy, etc., 258)

Sidney says

An excellent resource for anyone struggling with a sexual addiction or anyone wanting to understand more about sexual addiction.

Rebecca says

The first part of this book is a frightening wake up call to the vast problem of pornography addictions in our world today. It follows with very technical neurological explanations for what happens in the brain of someone who experiences addiction (a brain surgeon wrote the book), and what needs to happen in the brain physically for an individual to overcome an addiction. It was interesting to learn about both the physical and spiritual elements of healing for those who suffer with addictions. The author keys in on the spiritual healing available through the Atonement of Jesus Christ as well. There are many personal accounts shared from the view points of those who suffer with addictions and those who are loved ones of those who have suffered with addictions. It has a very hopeful message in the end- that change is possible! Whether or not you or someone you know suffer with an addiction, I found this book very insightful, and my heart is filled with nothing but compassion for those who have this trial in their life.

Brigitte says

I know of people who are struggling with this addiction and found this book to be extremely helpful in understanding behavior, having more compassion for those who are entrenched in this addiction and had an "ah-ha" moment realizing that when someone is addicted, it stunts their emotional and spiritual growth. It seems to be the cause with not just pornography addiction but with other addictions as well. This book also reminded me of the urgency to monitor what is going on in my home and to be greater aware of what my children are seeing and hearing, not to mention myself. His website, <http://salifeline.org/>, gives helpful guidelines on how to help us try to keep our youth safe. Very powerful.

Fred Donaldson says

Enjoyed this book for the insights on addiction to lust. Pornography is a modern day plague and it will affect nearly every man and woman. Recommend this for those struggling and those helping individuals with pornography struggles and addiction.

Marissa says

After I attended an anti-pornography conference here in Rexburg, I bought the main speaker's book. I learned a lot from him at the conference and am excited to read his book.

Rebecca says

Because of the world we live in, we can't keep our head in a bucket when it comes to being aware of the trials and tribulations that come from addiction. The author does an excellent job in explaining the physical changes that occur in the brain when a person is addicted. He then goes on to help the reader understand very clearly what is involved in the addiction process and how to overcome this great challenge. Even though pornography is specifically cited, the author helps the reader to understand that other addictions affect a person's life in a challenging way, too. Pornography just happens to be the addiction that is the hardest to

overcome.

This book is filled with hope and a great spirit of peace. I am glad to be informed and recommend it most sincerely to everyone - whether a parent, grand parent, sibling, friend or fellow human being. These are challenging days we live in. We all need help along the way. We can only help one another when we are informed. Knowledge is power.

Drew Johnson says

Written by an LDS Neurosurgeon, this book addresses both the science and the spiritual components of addiction (particularly pornography) very well.

It includes suggestions on what questions to ask when counseling someone going through addiction.

He also explains the science behind why promiscuity leads to depression. In orgasm, chemicals are released that increase trust and attachment to the sexual partner. When that trust and attachment is violated in casual sex scenarios, depression naturally follows.

Addiction switching is a key. Addictions and habits exist with all of us. Its a matter of what addictions, good or bad, that we choose.

In reprogramming the brain, think about how long it takes if you move a trash can in your office from one side to the other, before you stop reaching for the prior placement.

A great quote from Will Durant's Lessons of History:

Out of every 100 ideas, ninety-nine or more will probably be inferior to the traditional responses which they propose to replace. No one man, however brilliant, can dismiss the customs of his society, for these are the wisdom of generations after centuries of experiment in the laboratory of history. A youth boiling with hormones, will wonder why he should not give full freedom to his sexual desires; and if unchecked by custom, morals and laws he may ruin his life before he matures sufficiently to understand that sex is a river of fire that must be banked and cooled by a hundred restraints if it is not to consume in chaos both the individual and the group.

Brad Cramer says

Definitely one of the best books I have read in a long time. It had wonderful information about addictions in general, but the facts about pornography specifically were fascinating. It also gave me some new perspectives about the atonement, or more specifically the lies Satan spreads about the atonement. I was struck by the universality of the Savior's love, mercy, and grace. I was struck by the strength of the lie we tell ourselves that "I'm not good enough for the Savior's love." or "why would he love me after all I've done?"

This is a wonderful book that I would recommend to anyone whether they have an addiction or not.

Greg says

I'd give it five stars for helpfulness. I give it three stars only because I'd rather not feel I have to read something like this.

This is not a book I would have picked up out of everyday curiosity. There were three copies left in the bishop's office when I moved in over a year ago, and it took me several months to decide to start reading (or feel compelled to read). As both a bishop and a father, it's been enlightening and helped me navigate some of the conversations I've had over the past year.

Hilton is a leading authority on pornography addiction. I heard him speak at a leadership conference a year ago and found him helpful and inspiring. I've found that pornography is minimized in our culture compared to the struggles individuals and families actually face. When I was a kid, it took some serious work to come across pornography; today it's on kids' phones. And in numerous discussions, I've found the ease and prevalence of access to pornography is something society would be foolish to ignore.

I think I might only recommend this book to other church leaders (particularly those who work with the Young Men and Young Women organizations), and parents or spouses who suffer from addiction. That said, I think these passages are a fair and accurate wake-up call, and I've shared them frequently with our own ward:

"Most, if not all, families will be affected by pornography. If you are a man, you must first safeguard yourself...If you are a woman please understand that this problem is real and must be confronted head on. You also need to be aware of the profound risk your sons face...It is important for those who have daughters to understand that although the numbers are smaller for girls, there is still a risk...Also, studies are showing that the young men whom they will date and consider for marriage have virtually all been exposed and many have been or are addicted, to a lesser or greater degree."

"By continuing to emphasize avoidance only, we shame the majority who are already caught in the addiction into secrecy and guilt. We must extend a hand of healing and support to those trapped in secrecy, so there is a safe place for them to seek help."

"Realize the importance of educating young women as to the prevalence and tenacity of pornography addiction, so they will understand and be fully informed as they enter the world of dating. In this sobering environment, we should counsel our young women to prepare to support themselves financially, as marriage is likely to occur later than in previous years, and divorce may be more likely."

Kayla says

I read this book for two reasons:

- 1) Because many years ago I was in a relationship with a porn addict and I hoped that by reading this book I could understand more about that situation so I can heal and move on.
- 2) I was told this book was excellent resource on all addiction and bad habits, not just Porn.

It's well written, it's interesting. It's full of great information and so much hope and help. The only thing that bothered me was the italics. Please just stop emphasizing everything. Please.

I'm so glad I read this book. One of the main points of the book is that Porn is such a widespread epidemic, that the only way to protect ourselves is if we ALL know the dangers, the symptoms and the cure. In that

regard I would recommend this book to everyone. Porn addicts and porn-free souls alike. I would recommend this book to anyone with a son as well, it is very educational. And to anyone who was in or is in a relationship with a porn addict. It really did help me heal and move on.

And to anyone who has any bad habits, or wants to form good habits. It really is an excellent resource on all addiction and bad habits. It lays out how the atonement applies and how to improve yourself. I think this book can help with everything from drug addiction, to eating disorders, to watching not-so-great movies, to snacking at midnight, to not getting up and running in the morning because you are just too tired. Really, this book has some wonderful ideas on how to break bad habits and set up good habits.

Here are the points I want to write down so I can always have them:

Elder Bruce Hafen said: "We can have eternal life if we want it, but only if there is nothing we want more."

How to break a bad habit/set good habits:

- 1) See it: visualize the perfect you in ten years.
- 2) What has your bad habit/ lack of good habits cost you? Write a list. If it does continue, what could it cost you?
- 3) Make a plan to prevent Preoccupation, the first step in the addiction cycle (Preoccupation, Ritualization, Acting Out, Despair)
- 4) Stop the Thoughts: Make a list of how you will use deflection, diversion, or blocking to keep your mind on the right path.
- 5) Take one day at a time, one hour at a time, one second at a time.
- 6) Pray for strength, Pray for the temptation to be taken away, Pray for your heart to be turned.

Elder Neal A. Maxwell said, "What we insistently desire, over time, is what we will eventually become, and what we will receive in eternity."

Jason Burt says

This was an amazing book about "understanding and breaking the chemical and spiritual chains of pornography addiction through the Atonement of Jesus Christ"!

Reading this book and gaining a better understanding of pornography addiction (and addiction in general) has been a great learning experience for me. Even though pornography is not something I have personally struggled with, this book has changed my life...I feel like I am now much better prepared to understand and help people struggling with this and that I can better understand how to let the Atonement work in my own life!

There are many stories and examples in the book and almost every single success story involves people going to the LDS Church's 12 Step Addiction Recovery meetings and "working" the 12 Steps. If pornography is something that you secretly struggle with and want to break free of, I would encourage you to talk with your bishop and then begin attending local ARP meetings. Please check arp.lds.org for more details and to find a time/location to attend. The meetings are amazing and show how to truly apply the Atonement to be healed (something we all could use). Please take the steps necessary to rid your life of this addiction and I know that Jesus Christ is waiting to help you!

Shelby says

FANTASTIC!!! This book was given to us by a close friend struggling with sexual addiction. I put it on the shelf for a long time, thinking, eh, we don't really have a problem there so, no hurry. So glad we finally got around to reading it! An absolute must read for EVERY man, woman, couple, and maybe even older teens. Whether the problem of pornography/lust/sex addiction has impacted your life or not, this is a book everyone should read. Seriously so important. I thought it was so good, my husband and I bought an entire box and gave them to all of our friends and family. There's a chapter or two that were a little dry because they are all medical info. I still found them interesting though. Just had to take them slower.

Tina says

I agree that this is a must read book for everyone. It has reminded me of the need to always be on our guard, to always protect our children, and to always be grateful for the plan of salvation.

Kirsten Hobbs says

I am excited to share this book. My parents are the Leaders of an addiction recovery program in Arizona. They work with people, male and female, with all kind of addictions. They have said this book is the best they have seen on the topic.

Written by an LDS doctor, this book teaches about the chemical and spiritual aspects of sexual/pornography addiction. It offers support for family members of addicts, and teaches why this addiction is so hard to overcome. Of course, it teaches how it CAN be overcome through specific steps and use of the atonement of Jesus Christ. Most people with this addiction try to heal it on their own, but this book teaches that the brain releases chemicals with this addiction much like during heroine usage, so it can rarely be overcome without help or education. Crazy!

So I ordered this book this morning and am eager to read it. I know it's a hushed topic but I wanted to share this in case any of you or yours would find it helpful or interesting. And in case you are wondering, I do personally have an addiction. I cant seem to stop eating Dove chocolate, and it has driven me right out of my previous wardrobe. Maybe this book can offer me some help. :) It is specific to porn addiction, but I hear it helps with all kinds.

Jared says

An interesting foray into pornography and sexual addiction from the perspective of an LDS neurosurgeon. There were a lot of interesting medical/doctrinal points, however I found some of the personal dogma to be distasteful. I especially took issue with a chapter that was supposedly a letter from someone who had once struggled with same sex attraction, and was now "cured" through the atonement of Christ. I don't think that man's experience is necessarily representative of the homosexual community, and I think it can be harmful to suggest to those that are homosexual that their attraction is a sin of lust, and they need to be straightened out.

There were a lot of editing errors, which is a HUGE pet peeve of mine. The author was also extremely liberal with quotations, sprinkling dozens of small quotations into a single paragraph, which made the text more difficult to read.

All of that being said, I think there are a lot of helpful insights. I would (with a grain of salt) recommend this book to any LDS person who is (or knows someone who is), working through recovery from pornography and sexual addiction.

Tyler says

A sobering, powerful, hopeful book about overcoming pornography addiction written by a Latter-day Saint who is also a neurosurgeon. It also contains many personal accounts from other people who are recovering from pornography addiction, the spouses of those recovering from addiction, and so forth.

This book is basically split in half with the first half largely addressing the physical nature and effects of pornography addiction and how they need to be addressed in order for recovery to occur, and then the second half is about the spiritually destructive nature of pornography addiction and what needs to occur spiritually for repentance and total recovery to occur. It also addresses a lot of common misconceptions about pornography and pornography addiction and has sections giving specific counsel to pornography addicts -- both men and women, spouses dealing with the trauma of betrayal and problems with codependency, ecclesiastical leaders who are counseling addicts and spouses, etc

The author spends the physical part of the book explaining the nature of pornography addiction and how pornography use affects several structures of the brain and causes a vicious, destructive, increasingly addictive cycle as the brain essentially overdoses itself on dopamine each time the behavior is repeated, which negatively affects other areas of the brain, which then causes a negative feedback loop type thing, and it escalates and the damage to the brain becomes worse and worse as the behavior is repeated. He also talked about the role of some other elements of the cycle like adrenaline and oxytocin and how the part of the brain that controls willpower will actually shrink in the brains of those who are addicted. He then explains what kinds of effects and behaviors typically happen as a result of these changes to the brain. He then talks about how if the progress of the addiction is halted the brain may eventually be able to heal itself and revert back to a normal healthy state because of the brain's neuroplasticity, or ability to change. He talks about what needs to happen for the brain to experience total recovery from the damage of addiction.

The spiritual half of the book talks about the fact that repentance and being forgiven does not necessarily equate to total recovery and addresses what needs to happen to experience total recovery. He also talks about isolation and dishonesty and some of the other spiritually destructive effects that pornography can have and how they need to be addressed. In my opinion this was the meatiest part of the book where most persons will probably find the help that they are looking for in reading such a volume. The physical half of the book really lays a foundation for understanding what he is saying needs to happen and why, so read the whole thing for sure. Most importantly, both the author and all of the personal accounts of addicts in recovery testify unequivocally of the hope of recovery through Jesus Christ and his merciful atoning sacrifice. The many stories of the recovering addicts are extremely sobering as they describe how their out of control pornography addiction in many cases totally destroyed their marriages and in many cases their careers and their whole lives, as well as spiritually and emotionally eating them from the inside out. Their faith and optimism and stories of recovery are inspiring and hopeful. There is an obvious pattern in their stories for how each one was finally able to overcome addiction and experience recovery.

The appendices of the book are largely composed of more stories and personal accounts of people and their

experience in recovering from pornography. These include stories of both men and women recovering from addiction, their spouses, ecclesiastical leaders, etc and each story from each viewpoint has its own fascinating and significant insights. The total understanding is greater than the sum of the individual parts through these stories.

It is very sobering to become awakened to the terribly evil and destructive effects of pornography and how widespread and widely accepted it is. It is also very inspiring to read the true stories of people's lives being transformed from addicted to pornography and in the blackest abyss I can conceive of to lives of joy, healing, peace, and freedom from addiction.

I would highly recommend this book to anyone who struggles with pornography use or for the loved ones of those who do. There is a lot here to help you, in a very approachable style. The one chapter about the parts of the brain and how the cycle of addiction works was a little hard to follow for me as a non-scientist, but at the end he summarizes it really well and I could understand it okay.

Kayla says

It literally took me two years, but I finally finished this! I don't remember where I first heard about this book, but I was intrigued because I'd had friends who struggled with pornography addiction and I wanted to better understand it from a gospel perspective. This book does a great job at addressing that. A lot of the reason why it took me so long to read it is that the first third of the book is pretty dense with neuroscience information, which really helps in understanding how addiction (of any kind, not just sexual addiction) occurs, but is not easy reading by any means. I felt like this book did a really good job of balancing and connecting scientific and religious perspectives. I definitely feel like this has helped me understand how to appropriately support friends and family members who may struggle with these issues. One of my pet peeves is purely edited books, and this book struggled a bit with appropriate punctuation, spelling, and grammar--things there's really no excuse for because they are so easy to fix. But, that's just my thing. :P

Jenna Wood says

My Dad is on the high council in our stake. The stake president read this book then gave copies to the entire high council. After my dad read it, he bought a case, gave a book to each of my sisters and me as well as many other family and friends. He kept bugging us (my sisters and me) to read it, but we kept putting it off, because who really wants to read a book about pornography addiction?

Well, Wendell and I finally read it and it is amazing. We were just over half way through it when we pulled our three oldest kids (11, 9, 7) and had a special family home evening lesson on pornography. I think this book has both given me a depth of compassion for porn addicts that I never previously had as well as a desire to speak more boldly--at least in my own home--about the addictive nature of pornography and the devastating effects it can have long term.

This book is a must read for ecclesiastical leaders and parents of boys.
