



Lord, Forgive These Hands: Dealing with the Temptation and Sin of Masturbation for Young Catholics

Rev. M.L. Brown

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In the 21st Century, the temptation of masturbation for young Catholics is stronger than ever. Television, movies and pornography seduce our young Catholics, prompting us to educate ourselves and our children about how to overcome these sexual urges.

This short, easy to understand guide will help you or someone you love deal with the temptation to masturbate, written from a Catholic perspective.

Included are Catholic prayers, Bible verses, tips, techniques and exercises.



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