



# **Ethical Porn for Dicks: A Man's Guide to Responsible Viewing Pleasure**

*David J. Ley*

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## **Ethical Porn for Dicks: A Man's Guide to Responsible Viewing Pleasure** David J. Ley

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.

## **Ethical Porn for Dicks: A Man's Guide to Responsible Viewing Pleasure Details**

Date : Published November 29th 2016 by ThreeL Media

ISBN : 9780996485234

Author : David J. Ley

Format : Paperback 160 pages

Genre : Nonfiction, Sexuality, Psychology, Adult Fiction, Erotica, Pornography

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# **From Reader Review Ethical Porn for Dicks: A Man's Guide to Responsible Viewing Pleasure for online ebook**

## **Liz says**

Sexual fantasies and desires exist and there is no way any industry or politician can stop a natural desire to express our sexual desires, wants and needs.

In this book, Ley explores how porn can be used to help people become more comfortable in their sexual thoughts and ways to respectfully communicate and explore sexual desires by yourself and with partner(s). Ley also talks about how porn can be misused.

My biggest take away: learn/ practice what you like, explore, and communicate with your partner(s).

Great read!

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## **Will says**

Lots of interesting ideas and research presented.

Someone's proclivities in what they view sexually does not translate into them necessarily being a deviant in real life. Apparently viewing some of this material (rough, extreme) actually reduces people's desire to act on those certain negative aspects since viewing it 'scratches that itch.'

Many lawyers have presented the popular narrative of "porn addiction" and it leading to divorce when actually research has shown that not to be the case. Apparently people just have many relationship issues and when subjects were asked about their spouse's alleged porn habit some of them didn't actually exist. They just assumed it was a factor whether or not their partner had actively watched.

Different perspective and also includes drawings of real life ancient sexual artwork found on cave walls etc. that leads researchers to believe sex has always been a huge part of people's lives as well as looking at images of it. So perhaps the moral fiber of conservative America isn't really being ruined after all...

As other reviewers have mentioned it focuses the narrative mainly on straight males, but it does incorporate women as well and gives a positive shout out to gay males (I'm told we watch a ton of porn and are extremely well adjusted, which is great to hear).

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## **Isaac says**

\*\*\*Goodreads Giveaway win review\*\*\*

This book is about human sexuality. It's about watching porn and making love ethically. What is ethically.

Simply put make sure your partners and porn you watch are consensual and legal. Read the book if you want to learn about why sex is not a bad thing. It is how ever something that people need to put some thought into.

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### **Manuel Antão says**

If you're into stuff like this, you can read the full review.

In böser Absicht: "Ethical Porn for Dicks - A Man's Guide to Responsible Viewing Pleasure" by David J. Ley

“But many more people are told today that watching porn makes them a bad person, and it's something they should be ashamed of. We are told that watching porn is bad for society, women, and women's role in society. It warps kids' brains and is destroying all that is beautiful about sex and love. Basically, we are told that every time we watch porn, a baby seal gets strangled with XXX-rated videotape. [...] But I believe it is possible to be a gentlemen and watch porn. It's possible to be an ethical, responsible person and treat oneself and others with dignity and integrity, AND to watch hot, no-holds-barred sex on screen.”

In “Ethical Porn for Dicks” by David J. Ley

The war on pornography strikes me as a game authoritarians play ... an ideology of embedding dependence, infantilisation and aversion to risk and pleasure in society. In this case, the problem is not the porn but what makes young males and females so conflicted about sexual representation that one walks out just because another is interested in sexual representation as pleasure. Removing pornography appears now to be necessary to ensure that we remain a sex-negative culture dependent on priests and their social science surrogates. Sad really.

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### **Levi says**

Great book. It is enlightening and easy to read. I read it in two hours. I appreciate the author's honesty. The points he made about porn use aligned with my own experience. Porn is not inherently bad. It is normal.

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### **Jakub Ferencik says**

As a Christian, I was very outspoken when it came to one's sexuality. I remember being the first among peers to express my 'struggle' with porn. I thought it was important, to be honest. I was fairly good at abstaining from pornography and masturbation in general. That abstinence, however, was and is unnatural. Masturbation is not mentioned in the Bible, notably. BUT - addiction is, so they say. And hence masturbation is prohibited (since it's supposedly addictive behavior). Think about that next time you're sipping on your coffee or scrolling your Instagram newsfeed first thing in the morning. Logical

inconsistencies among believers are so obvious & present that I am starting to think that there's no point in arguing with them - I have confessed this to my peers. Perhaps it's a fault - but having good friends that think you'll be damned for eternity for being born into a sinful condition, is not?

Christendom has done its fair share to embrace the view that virginity should be cherished above most things. When I was a believer I stressed that importance for good reasons. It's all over the Bible. Paul is obsessed with sexuality. Who wouldn't be? It's entrenched in our DNA - passing on our genes is the reason that you & I are alive. Being sexual is the result of very natural biological traits being passed down from species to species.

Soon the day will come when people talk empirically, but it is not this day. Sex addiction is a myth. It's Pseudoscience. Porn addiction is not real. Mark Driscoll, John Piper, & Craig Groeschell are brain-washed when it comes to pseudoscientific claims about our neurology.

David J. Ley writes about childhood and porn, extreme porn, bondage porn, homosexual porn, and almost every other category. He addresses the research and religious fanatics that come at him expressing distaste with porn. If someone ever again tells me people are aggressive because they watch porn I'll just have to give them this book. Hopefully, they are capable of reading.

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## **Lorilin says**

I attended a Christian high school for two years and a Christian college for two years. In both places, I was required to attend chapel three times a week. Without fail, at least once or twice a year, we'd have a chapel dedicated to "gender-specific issues." In other words, male and female students would be separated: women in one room to discuss eating disorders, and men in another to talk about porn and masturbation.

The chapels bothered me for many reasons. I hated that the school leaders assumed that these were the most pressing issues students were facing. I hated that the chapel speakers talked about sex in such a negative way. I hated that they assumed women didn't masturbate or think about sex. I hated that they reinforced the idea that sex, masturbation, and lust were shameful. And I hated how this shaming talk encouraged self-loathing, silence, and ignorance. I can't tell you how many times I heard adult women say that they would only have anal sex because they still wanted to be virgins when they got married. Or that condoms didn't protect you from diseases so you may as well not wear one. I can't tell you how many people I knew, especially men, who had extreme guilt about even thinking about sex—let alone about watching porn, or, gasp, actually doing the deed. It was reinforced again and again that sex was bad, bad, bad. Don't think about it, don't want it, don't educate yourself about it. Keep it out of your mind... That is, until you get married, and then sex will be magically transformed into *a beautiful physical exchange of love between two spiritual beings*. Insert flower and sunshine emojis here! But until then: SEX IS SIN!

It's sad, crazy talk. And it makes people sad. And crazy. We can do better than that.

So I was eager to read Dr. Ley's book *Ethical Porn for Dicks*. The book isn't really written for women, but who cares. I figured I'd learn some things, and I did. My takeaway from this book, first and foremost, is that it's okay to be a sexual being. It's okay to have sexual fantasies. It's okay to masturbate. It's okay to masturbate while watching porn. There's a whole wide range of what "normal" sexual behavior is. If you are a happy, healthy, functioning adult who watches porn, great. Keep on keepin' on, you know?

Ultimately, porn—like alcohol or money or food or exercise—is a neutral thing on its own. But if you start having bad feelings about your use of porn, chances are there is something going on in YOU that needs to be addressed. Getting to the root of any religious guilt and understanding how it shapes how you view yourself is obviously a good place to start. But even on a less intense level, sometimes people use porn as a distraction from or a coping mechanism for handling problems they don't want to face. Using porn as stress-relief is fine, but not if you are using it to avoid important issues in your life.

And if porn is something your significant other keeps bringing up, there's probably something going on between the two of you (something that might not even have anything to do with sex) that needs to be talked about. Sometimes it can be easier to blame porn than, say, deal with the fact that you both have been disengaged from your marriage for years.

For the most part, porn is just porn. On its own, it can absolutely be a component of a healthy sex life. But it's all that other baggage we put on porn that gives us trouble. Which is why Ley emphasizes the importance of gentle and honest communication and nonjudgmental listening, of being truthful and up front—with yourself and with your partner—so you can recognize and eliminate that baggage so it stops being (or maybe doesn't even begin to become) an issue.

In short, I enjoyed reading this book. Ley's no-nonsense approach is refreshing and accepting. He's clear and direct about how you can (and why you should) use porn in a healthy, ethical, and responsible way. If only he could have been one of our chapel speakers way back when...

ARC received through Amazon Vine.

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## **Jay Blevins says**

I'll start right off the bat with full disclosure. I know the author, David Ley and I am a big fan of his work and his previous books. I am mentioned in a list of people David thanks in his acknowledgements. So, if you are looking for a review that starts with a stance of rabidly anti-porn, this isn't it. What you will get is my honest opinion of the book.

The short version of my review is this – it is fantastic. Stop reading this review, get a copy, and start reading it right now. Everyone.

The book is an incredibly easy read. Ley writes in a casual, friendly style, as if he's just having a conversation with you. This isn't a book that sets out to prove its points with piles of detailed research. However, Ley easily references current research without getting bogged down in technical details. There is a list of sources in that back that you can use to delve deeply into the science or completely ignore. A fun bonus feature is the scattering of petro-porn – petroglyph images depicting sex and sexuality.

It is clear from the outset that this book's primary purpose is not defending porn. Ley's starting point is that porn is neither inherently good nor bad. What matters is how it is made and used. I doubt that it will convince many, if any, staunchly anti-porn folks to change their mind. What it will do is help people that use or want to use porn but struggle with any number of issues related to its use. Ley navigates through a wide variety of topics including societal norms, frequency of use, types of porn, issues about the porn industry and

those employed by it, porn use in relationships, potential legal issues, conflict with personal or religious values, and physiological impacts such as brain changes, erectile dysfunction, and the “death grip.”

There are a lot of fantastic takeaways in this book. For me, one of the most important is that there is actually a lot we can do in regards to the ethics of porn use. It isn't an all or nothing proposition. We can make choices that are more responsible and ethical both for ourselves in the moment and that push the larger concept of porn to behave more ethically. Ley shows us how.

There is at least one negative takeaway for men. Ley states that the most common fantasy in the U.S. is a three way with 2 women. While evidence suggests that 70-90% of men report having this fantasy less than 5% of the male population actually experiences it. That's a lot of disappointed guys!

This book will appeal to a lot of audiences despite the fact that this book is targeted at men for reasons Ley discusses in his book. It can help women see new perspectives on why men use porn that are very different from the societal messages that tell women it is because you “aren't enough” or the reasons currently being almost hysterically screamed in a state of panic in the media and politics today. That shared understanding between porn users and their partners can help to improve relationships.

As a therapist I immediately saw I could integrate this book into my work. Given the sad state of education about sex and sexuality in general and the incredible lack of it in therapy training, I encourage every therapist to read this. It provides not only better insight to what may be happening but also positions you to see what types of approaches and interventions can be effective.

Even if you are anti-porn, give it a read. You may just find a nugget or two that shifts your perspective even a tiny bit.

My summary is the same as my introduction – It is fantastic! Read it!

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## **Leandra Vane says**

Ethical Porn For Dicks: A Man's Guide to Responsible Viewing Pleasure (Three L Media, 2016) by Dr. David J. Ley is an excellent resource for untangling the role pornography plays in men's lives and sexuality.

The overall tone of the book is conversational, down to earth, and flows well. The author uses humor and a great balance of compassion and assertiveness when discussing many complex issues.

Overall I recommend this book not just because I agree with much of the philosophy and psychological foundation of this book -- I recommend this book because I think it is useful. This book confronts a lot of taboo topics in the discussion of pornography but also thoroughly covers more common anxieties men face about viewing pornography.

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## **Rose Caraway says**

Porn isn't going away. And I recommend that you read this book. We should/need to talk about porn. With our partners AND with our kids. Books like "Ethical Porn for Dicks," followed up by honest conversation, are exactly how we can begin to get rid of the shame and fear that plagues those of us who watch porn, and those wonderful people who skillfully perform our fantasies for us.

Fantasy and Sexuality are NOT simply black and white, they are bigger than our oceans.

Ethics must be understood.

Consent must be respected.

And desire really does NEED to be explored.

Our hearts and minds and bodies CAN be put at ease. This book does a wonderful job at showing men (and women) how to get the conversation started about porn. Without being coercive or manipulative.

As Dr. David Ley quotes from The World Health Organization:

"For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled."

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