

**Matt Fradd**

**Matt Fradd is the author of *STRIVE: A 21-Day Detox from Porn* (**[strive21.com](https://www.cardinalstudios.org/strive)**) published by Cardinal Studios. He** speaks to tens of thousands of people every year and is the best-selling author of several books, including Does God Exist? and The Porn Myth: Exposing the Reality Behind the Fantasy of Pornography.  Matt earned his master’s and undergraduate degrees in philosophy from Holy Apostles College. Matt’s podcast, Pints With Aquinas, receives over half a million downloads every month. Matt lives with his wife, Cameron, and their children in Georgia.

**Bill Donaghy**

Bill Donaghy is a contributor to *STRIVE*. He is also the co-author of *RISE: A 30-Day Challenge* with Chris Stefanick. Bill is a curriculum specialist at the Theology of the Body Institute. He is an author, instructor, and international speaker with over 25 years of experience in mission, evangelization, and education. He has a background in visual arts, philosophy, and Masters in systematic theology. Most importantly, he's the husband of Rebecca and father of four beautiful children.