

Where can I find this study?

Posted by lcheirus - 26 Feb 2015 20:39

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At the top of the 90 day forum, it says, "A recent scientific study shows that it takes 90 days to break an addictive pattern in the mind."

Does anyone know the source?

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Re: Where can I find this study?

Posted by gibbor120 - 27 Feb 2015 20:06

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[lcheirus wrote:](#)

At the top of the 90 day forum, it says, "A recent scientific study shows that it takes 90 days to break an addictive pattern in the mind."

Does anyone know the source?

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Re: Where can I find this study?

Posted by lcheirus - 01 Mar 2015 21:02

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I guess no one knows... :\

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Re: Where can I find this study?

Posted by cordnoy - 01 Mar 2015 21:37

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[some book](#)

but there are others

simple search will find tons of material

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Re: Where can I find this study?

Posted by doingtshuva - 02 Mar 2015 20:45

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I would like to share:

Thoughts on the Parasha and Recovery

R' Twerski's special weekly message for the GYE Community

Email #28- Parshas Mishpotim

Feb. 13, 2015 ~ 24 Shvat 5775

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Follow G O D (Good Orderly Directions)

When Hashem gave the Jews the Torah, they said, "naaseh v'nishma", we will do and we will listen. The commentaries ask, "How can they do before they hear?"

At an AA meeting, a prominent lawyer, who was celebrating his 40th year of sobriety, said, "When I first joined AA, I was making meetings, but still getting drunk. I asked an old-timer why the program wasn't working for me. He said, 'Fella, I've been watching you. You're trying to

understand how this program works. Stop that. Just do as you're told and keep your ears open.'

"I was insulted. I am an attorney. I have to understand how things work. But I kept on getting drunk, so I decided to try his way. Now I'm 40 years sober."

That is naaseh v'nishma. Do as you're told and keep your ears open.

A great message from R' Twerski

I hope you'll enjoy it.

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