

Fortifyprogram.org

Posted by gye1962 - 21 Apr 2015 02:04

Hi

Ever since i found GYE (baruch H) about a month ago, i have improved a lot.i use to not be able to hold on for 3 straight days, and now BH i have done a full week, something i never imagined i would be able to do.

Min Hashamaaim, about a week later, i found through GYE this new program called THE FORTIFY PROGRAM, which even thou its goy(not religious or anything) has been extremely helpful. i know that its better to do it through torah, but i defenetly recommend at least looking at it.(if it can help you even if it goy, it worth it.

i hope this will help any one who is reading this at his journey to recovery.

beatzlacha raba.

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Re: Fortifyprogram.org

Posted by cordnoy - 21 Apr 2015 02:56

why is it better to do it through torah?

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Re: Fortifyprogram.org

Posted by serenity - 21 Apr 2015 03:27

First of all everything good is in Torah and the path to recovery is in there as well, so don't think for a second that me or anybody would ever knock Torah. Also the traditional Torah approaches may work for some people. You should just be aware that for many of us, myself included, the

traditional normative Torah approach didn't work. And for still others mixing Torah with other methods of recovery didn't work either and just made for a confused program. So do what works and don't worry about being judged for it. You're not going to be judged here.

BTW, Welcome and keep sharing!

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Re: Fortifyprogram.org

Posted by yiraishamaim - 21 Apr 2015 04:01

Chochmoh Bagoyim Ta'amin

I was taught go after wisdom wherever you can find it.

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