

90 Days?

Posted by Yankel - 01 Feb 2009 01:09

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Hey, I was wondering why 90 Days? what is so special about 90. I was under the impression that it takes 40 days to break any bad habits(Noam Elimelech? I believe)

Thanks

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Re: 90 Days?

Posted by Elya K - 01 Feb 2009 01:24

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The number is 21 days to break a habit, but not to break an addictive tendency that affects the chemicals in your brain. After 90 days your neurons begin to create new neuro pathways in your

brain when they don't experience the rush of the addictive feeling we get when acting out.

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Re: 90 Days?

Posted by eme - 01 Feb 2009 02:57

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V'sain Tal...moreed hageshem.....it takes 30 days (3 Teffilos X 30 = 90) to get very used to it - to the point that if we forget if we said it, we can assume we did...

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Re: 90 Days?

Posted by the.guard - 01 Feb 2009 11:18

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Dear me2,

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BTW. Do you have a source for the Noam Elimelech of 40 days? I'd love to see it...

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Re: 90 Days?

Posted by Yankel - 01 Feb 2009 19:33

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No, thats what I remember someone telling me.

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Re: 90 Days?

Posted by UTS - 05 Feb 2009 01:09

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[guardureyes wrote on 01 Feb 2009 11:18:](#)

Dear me2,

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BTW. Do you have a source for the Noam Elimelech of 40 days? I'd love to see it...

The Tzetel Koton talks about how many days. However, I would wonder whether he is referring to addiction as Elya explains. ( Udvorov tzrichim iyun or biur.)

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