General Help
Posted by seinayim - 09 Aug 2020 20:08

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I am making my way through the guard your eyes handbook. There are a lot of resources which are not linked, along with references to 'coming soon'. What have people found to be most helpful on this site. i am currently falling big time with this and need help

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Re: General Help
Posted by Captain - 09 Aug 2020 20:40

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I have found these 2 resources to be the best by far:

The Battle of the Generation (ebook or softcover book). Download here: https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation.

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download here: https://theshmuz.com/series/the-fight/

These will help you change your attitude on this fight, so you won't feel like you're fighting a losing battle and trying to guilt yourself to win but deep down knowing you're going to give in.

Try some of each for two weeks and you will notice a huge difference.

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Re: General Help
Posted by Dave M - 09 Aug 2020 22:31

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Also, participate on the forum, posting about your struggles and successes, as well as responding to other posts. Take some time to read other members' "stories"

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Re: General Help
Posted by Meyer M. - 10 Aug 2020 05:55

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Rabbi Shafier's incredible lectures on breaking free: The Fight. Download
here: theshmuz.com/series/the-fight/

These will help you change your attitude on this fight, so you won't feel like you're fighting a
losing battle and trying to guilt yourself to win but deep down knowing you're going to give in.

Try some of each for two weeks and you will notice a huge difference. I have not read 'The
Battle of The Generation' but I have heard R' Shafiers lecture 'The Fight' and that is a game
changer. Definitely am going to try reading the book and I highly recommend R' Shafier.

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