

Looking for specific thread

Posted by Yitz18 - 06 Aug 2023 21:11

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Hi- I saw on here a few weeks ago someone posted a whole system of saying a bunch of messages to yourself and recording it and listening to it every day. I can't seem to find where it is. Can anyone direct me to this post/topic?

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Re: Looking for specific thread

Posted by chaimoigen - 08 Aug 2023 11:19

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[Yitz18 wrote on 06 Aug 2023 21:11:](#)

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I think you are looking for Captain and shtarkandemotional 90 day challenge. I'm running so I can't search and find it right now, but use the search bar and you'll find it. or reach out to Captain. It's great stuff.

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Re: Looking for specific thread

Posted by Gevura Shebyesod - 08 Aug 2023 17:33

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[chaimoigen wrote on 08 Aug 2023 11:19:](#)

[Yitz18 wrote on 06 Aug 2023 21:11:](#)

Hi- I saw on here a few weeks ago someone posted a whole system of saying a bunch of messages to yourself and recording it and listening to it every day. I can't seem to find where it is. Can anyone direct me to this post/topic?

I think you are looking for Captain and shtarkandemotional 90 day challenge. I'm running so I can't search and find it right now, but use the search bar and you'll find it. or reach out to Captain. It's great stuff.

Here ya go...

[guardyoureyes.com/forum/4-On-the-Way-to-90-Days/378128-Captain--Shtarkemotionals-Secret90Day-Challenge](https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/378128-Captain--Shtarkemotionals-Secret90Day-Challenge)

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