

Testimonials for TBOTG

Posted by cleanmendy - 11 May 2025 13:36

The Book The Battle Of The Generation, has literally saved the generation. So many of us have gained tremendously from the book, changing our outlook on our Nisyonos. Written in a clear and understandable way, with the proper Torahdike Hashkafa, its a masterpiece.

I'm starting this thread for everyone to share what about the book helped them. Ill start,

The book has taught me most, that every time I have a Nisoyon, there's a tremendous opportunity for me to get amazing reward, in this world and the next. Its an opportunity for growth and connection to Hakadosh Baruch Hu, and Ill feel much more pleasure out of winning than giving in.

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Re: Testimonials for TBOTG

Posted by yitzchokm - 11 May 2025 15:10

In a nutshell, the book changed my perspective from depression over my falls to excitement over my challenges. It also helped me feel like a special person instead of feeling like a failure. The book gave me back my living spirit that was robbed from me.

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Re: Testimonials for TBOTG

Posted by david26fr - 19 May 2025 15:18

This book is a real gem!

It helped me a lot by giving me a global perspective on the problem, and to see the challenges as opportunities to grow and not as proof that I am a bad person.

It also shows us that we are not alone in being affected, not alone in having to fight, and that there is hope.

The many techniques covered in this book are very well explained and very useful for progress.

I recommend it !

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Re: Testimonials for TBOTG

Posted by josephhatzaddik - 19 May 2025 19:04

Lets start with my (short) backstory. Since I was 6 years of age I already started to have thoughts that are better left unsaid. I grew up in a home where my father did/does have a tempter/a very short fuse who'd get triggered by my naive innocent remarks/questions as a child and he'd be angry at random so I was usually in fight or flight mode my whole life. My home was hell now that I think about it although no one was being physically beat up the need to always be on edge was very hard on a child always scared. My mom was passive "submissive" to my father who didn't defend me from my dad's verbal abuse/public humiliation although he apologized he constantly did it again and again I remember yelling into my pillow as a child after feeling completely broken as a human after once again another episode of public humiliation at the Shabbos table sometimes with guest around. I had zero to bare minimum emotional intimacy growing up as well and conditional love like being shown disdain from my father if missing shul even though I had no idea what I was praying for or understood what I was saying. Why am I saying this if this is a review for Hillel's amazing sefer? The reason is because most addictions I've learnt (if not all I'm still learning) stem primarily from unresolved (especially childhood) trauma (and isolation/loneliness/lack of purpose from my experience). After learning this p*rn and other unwanted s*xual behaviors are a thing of the past for the most part. Of course that doesn't mean I don't work on shmiras einayim or shmiras habris but the challenge has reduced itself significantly since I've learnt this and started gaining awareness on trauma. At the time before I knew this and was fighting off of willpower mainly Hillel's book was extremely helpful and highly recommend it and will revisit it for sure because the amount of temptation out there is literally everywhere and we should fortify ourselves so as to not fall into the slippery endless cycle of raw desire which is all too easy to do.

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Re: Testimonials for TBOTG

Posted by yitzchokm - 19 May 2025 19:15

Sex therapists are highly trained in trauma for the reason you mentioned. My struggles were also somewhat trauma related because I was physically abused by my father so I can relate to your words.

Congratulations on your first post. How about opening up your own thread? We will be able to give you chizuk and advice, you will be able to learn what you have to do for recovery and a heavy burden will be lifted off of your chest.

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Re: Testimonials for TBOTG

Posted by hopeful yingeman - 19 May 2025 20:29

can someone pls post a link to this book where i can read it or buy it?

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Re: Testimonials for TBOTG

Posted by BenHashemBH - 19 May 2025 20:55

[hopeful yingeman wrote on 19 May 2025 20:29:](#)

can someone pls post a link to this book where i can read it or buy it?

Shalom Brother,

Here is the link <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

And you can also buy it on Amazon.

Hatzlacha!

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Re: Testimonials for TBOTG

Posted by vehkam - 21 May 2025 20:18

The battle of the Generation is by far the book that has made the largest impact on my life. I lost count of how many times i finished the book when i hit 10 times. I try to read it every night. I find that this is very effective in keeping the concepts ingrained in me. The first time i read the book, i literally cried at times, because it was clear that the author understood everything that goes on in my head. All of the arguments and thoughts that were keeping me in a state of despair and blocking me from returning to a clean life are laid out in a simple, easy to read, nonjudgemental way. This book gave me hope that despite the deep pit that i had dug for myself (that only seemed to get deeper each year,) there was still a possibility of living the rest of my life in a way that would be meaningful and make hashem proud.

It is quite remarkable that the author was able to write a book that is so powerful and at the same time it is effective for people who struggle at all levels. There is nothing remotely explicit in the book and for the most part the book does not address any specific failures. The book is directed at learning how to feel good about oneself as we fight through the struggle of the yetzer hara's temptation and how to diffuse the yetzer hara's powerful justifications. There is also an invaluable tip on how to recognize when a thought is coming from the yetzer hara or the yetzer tov.

The appendix to the book contains a powerful handbook specifically aimed at recognizing and diffusing each of the yetzer hara's "dirty" tricks.

Reading a small portion of the book religiously every night can take away the despair that so many of us have (had) and give us the tools to be wildly successful in this Battle of the Generation!

with tremendous appreciation to Hillel S.,

vehkam

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