

Something Really Concrete that Really Helped Me -- READ!!

Posted by osh.oshosh - 26 May 2010 14:40

Hello,

While working alone at home I came up with the following.

I went to yutorah.org and pulled up all the Shiurim under Machshava/Sexuality and just started listening to them. My main goal was to just have something encouraging playing in the background instead of Sports Radio or some other stuff.

This REALLY HELPED.

In addition a number of the shiurim are awesome.

In particular I liked the shiur of Rabbi Twersky/ Dr. David Pelcovitz, but many of the others were excellent as well.

Even if you aren't really listening, but its just in the background, its harder to hop over to some site that is not so helpful, to put it politely.

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