Struggling to actually read the handbook.
Posted by thetest - 04 Sep 2014 04:28

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Hi all,

I fell today. I fought off the urge twice and put my state of mind in check, but it came back and slowly I gave in. The worst part is I knew that I was doing it, and that I it wasn't worth it. I have to get back on my feet. It's elul, I want to be closer to Hashem again. I want to try something different and go through the handbook fully. I find though that I have a hard time actually sitting and reading it with kavanah. Anyone have any suggestions with what helped them get through it, what made them sit and read it truthfully.

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Re: Struggling to actually read the handbook.
Posted by dms1234 - 04 Sep 2014 06:03

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Yes. Don't worry about Kavannah! Take a deep breath (in and out!), start reading and let it all settle in!

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Re: Struggling to actually read the handbook.
Posted by cordnoy - 04 Sep 2014 06:36

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Our motto is: One page at a time.

Warning: Spoiler!

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Re: Struggling to actually read the handbook.
Posted by guardyoureyesds - 16 Sep 2014 11:29

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I have the same problem. What i did was i went on a reading binge when i was alone. I didn't finish the book, but i made some really good headway. If i may suggest, set a timer for 10-20 minutes minimum and commit to covering ground in the manuel.

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Re: Struggling to actually read the handbook.
Posted by dd - 16 Sep 2014 14:45

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i too never read through the handbook. i know reading the forums is much more exciting. but i guess we should do as the guys mentioned one page at a time or 10-20 minutes a day (also of course one day at a time).

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Re: Struggling to actually read the handbook.
Posted by Machshovo Tova - 16 Sep 2014 19:23

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I did the following and it was a great experience: I had a daily havruta (TZ) over the phone (trans-Atlantic). We would read a page a day and discuss it. Try it - you might like it.

Hatzlacha

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Re: Struggling to actually read the handbook.
Posted by cordnoy - 16 Sep 2014 19:43

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I did that with him for a while as well; it didn't last long for technical reasons.

He is a good chavrusah.

He knows the book, the tools, the tips, the steps and a hell of a lot more than that as well.

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