

Benefit of the book

Posted by The Flash - 13 Jun 2017 20:25

Hello all. I am still fairly new to GYE (about a week now). I have taken my time to read through most of the pieces found here on the site, and have been talking to a few people within the chat room. I have a question about the book, however. Is it possible to find freedom without the GYE handbook and other suggested tools? I find myself busy with Torah study and my place of employment and family. Plus I am a slow reader. I am not sure I can spare much extra time some days, and read fast enough. So I am asking if the tools, ebooks, and articles are of a great benefit to the freedom I am seeking, or if sharing with the men may be enough. Any responses are appreciated.

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Re: Benefit of the book

Posted by Workingguy - 13 Jun 2017 21:12

[The Flash wrote on 13 Jun 2017 20:25:](#)

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I've personally found the forum to be the most powerful tool- reading other people's stories and experiences, challenges, and successes, and seeing how they relate to me and trying them on for size.

However, for some people the handbook is very useful, so I guess you have to figure out if it's necessary for you.

On another note, not having the time is very understandable but we often find the time to get ourselves into this mess, so it probably makes sense to find the time to get out of it.

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Re: Benefit of the book
Posted by The Flash - 14 Jun 2017 14:12

Very good point: *we often find the time to get ourselves into this mess, so it probably makes sense to find the time to get out of it.*

Thank you

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Re: Benefit of the book
Posted by changeforthebetter - 10 Jun 2018 23:39

well said!

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Re: Benefit of the book
Posted by byebye - 11 Jun 2018 15:09

[The Flash wrote on 13 Jun 2017 20:25:](#)

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wow,with a name like the flash,youre a slow reader?

anyway ,im sorry that i was slow in responding to your

post,i hope i dont need that lightining treatment,c"v,

hatzlacha in your(speedy 🍊) recovery!

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