

The Shmuz on Self Control - Shmuz #87

Posted by Yitzhar - 17 Feb 2013 12:44

A very inspiring shmuz

www.theshmuz.com

Most of us are wimps. If you dont believe it, ask yourself what you do when faced with a choice between doing what you want and doing what you should. The nisyonos are different for everybody, but how many of us can claim to be masters over our desires? How many of us have real inner strength, real self-control?

Just like a body builder develops his strength in small increments, we develop inner strength step by step. This Shmuz clues you in to the strategies you need to trounce your weaknesses once and for all.

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