

Sefer?

Posted by Coby - 29 Sep 2022 03:09

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Hi, does anyone know a good Sefer that will give me chizuk?

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Re: Sefer?

Posted by lovingpapa - 29 Sep 2022 03:13

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hi. i found the sefer Zos Brisi (english/hebrew) is very helpful. also the many shiurim and talks on gye website were tremendous help for me.

gmar chasima tova. no one is alone...

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Re: Sefer?

Posted by Markz - 29 Sep 2022 03:15

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Yes it's in my signature :-)

[www.guardureyes.com/GUE/PDFs/eBooks/The%20First%20Day%20of%20the%20Rest%20of%20My%20Life.pdf](http://www.guardureyes.com/GUE/PDFs/eBooks/The%20First%20Day%20of%20the%20Rest%20of%20My%20Life.pdf)

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Re: Sefer?

Posted by Vehkam - 29 Sep 2022 15:40

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[Coby wrote on 29 Sep 2022 03:09:](#)

Hi, does anyone know a good Sefer that will give me chizuk?

have you read "the challenge of the generation" by Hillel S? i read it every night....

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Re: Sefer?

Posted by DavidT - 29 Sep 2022 15:46

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[Coby wrote on 29 Sep 2022 03:09:](#)

Hi, does anyone know a good Sefer that will give me chizuk?

Did you look thru the ebook section?

[guardyoureyes.com/ebooks](http://guardyoureyes.com/ebooks)

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Re: Sefer?

Posted by poij - 11 Sep 2023 21:51

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Try memorizing the first halacha of the 2nd perek of Rambam Hilchot Deot.

Remind yourself, that whenever you have feelings that are contrary to what you know to be healthy for you....you are a "choleh" and you need to reach out to others for help

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Re: Sefer?

Posted by anon4318 - 11 Sep 2023 22:34

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Hey poij,

I get what your saying. However, isn't it demoralizing to look at yourself as a choleh? Wouldn't it be better to view yourself at the time as having the ability to achieve greatness?

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Re: Sefer?

Posted by anon4318 - 11 Sep 2023 22:36

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In other words a person is more empowered by keeping a positive outlook then a negative one.

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Feel free to correct me if I'm wrong. Just starting out here.