

Can Anyone Help?

Posted by zckyv88 - 11 Jan 2016 05:32

hi Ive had a problem since I was about 14 and it hasn't gotten better ive had spurts where I started slowing down but then started up again can anyone help

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Re: Can Anyone Help?

Posted by BenTorah.BaalHabayis - 11 Jan 2016 07:05

Welcome to GYE! You may want to read the GYE Handbook as it is full of lots of helpful ideas and insights. And reading and participating in the forum discussions can also be very helpful as it helps you come out of isolation which breeds a lot of negative things, helps gain perspectives and makes you realize you're not alone.

Chazak Ve'ematz!

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Re: Can Anyone Help?

Posted by cordnoy - 11 Jan 2016 09:00

Welcome,

That's what the oilam is for.

B'hatzlachah

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Re: Can Anyone Help?

Posted by markz - 11 Jan 2016 11:55

Hi and welcome to the trucking club

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Re: Can Anyone Help?

Posted by abe2710 - 11 Jan 2016 15:09

good to have you on board with us. we all need help

much hatzlocha

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Re: Can Anyone Help?

Posted by mggsbms - 11 Jan 2016 16:57

Welcome ! Many have been helped here.

Stick around, and positive things will come of it.

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Re: Can Anyone Help?

Posted by lomed - 11 Jan 2016 18:23

Welcome!

keep it here.

Lots of hatzlacha

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Re: Can Anyone Help?

Posted by Shlomo24 - 11 Jan 2016 21:52

Welcome! We are here for you.

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Re: Can Anyone Help?

Posted by gibbor120 - 12 Jan 2016 17:18

read the handbook, keep posting, check out the links in my signature.

Hatzlacha Rabbah. Many have been helped here. You can be too!

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