

Fight!Fight!Fight!

Posted by fightfightfight - 21 Jul 2024 16:12

Hi guys .does anyone know if fortify is a Jewish program or non Jewish?

Username based on today's vayimaen by Rabbi Spero July 21.

Fight!Fight!Fight!

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Re: Fight!Fight!Fight!

Posted by yiftach - 21 Jul 2024 16:33

Hi and Welcome!

To the best of my knowledge, it's not a Jewish program, but GYE adapted their content for the Jewish crowd.

Today's video was epic! and that's what we're all here for... to FIGHT!

Learning the techniques is the best way! F2F, Connection, TBOTG among others...

You got this!

Hatzlacha on your journey!

- Yiftach'l

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Re: Fight!Fight!Fight!

Posted by proudyungerman - 21 Jul 2024 17:04

Welcome to the GYE family!

Here you will find warmth, acceptance, and the tools necessary to break free.

Many here are fond of saying the connection is one of the primary antidotes against addiction.

If you're brave and daring, consider reaching out to HHM - Hashem Help Me - the mentor-in-chief of the site. He has helped hundreds break free, present company included. He is reachable at michelgelner@gmail.com

If you're not up for that yet, that's fine. Take your time.

In the meantime, read around, and when you are ready to share more, we'd love to hear your story!

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