

new guy

Posted by kleinheim - Today 11:23

Bit nervous to post but here goes. Tried a bunch of tactics over the years to deal with the P&M problems. Hopefully I will find something here that will help. I've been reading posts looks like a caring and sharing ruach which is maybe what I need?

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Re: new guy

Posted by hashemisonmyside - Today 11:43

if you committed to be part of the family you will 100% be helped. There is unlimited tools here to help you break free

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Re: new guy

Posted by kleinheim - Today 11:51

ok. What do you recommend?

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Re: new guy

Posted by captain - Today 12:37

Welcome! Try strengthening yourself with these great free resources:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

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Re: new guy

Posted by upanddown - Today 15:00

[kleinheim wrote on 19 Aug 2025 11:23:](#)

Bit nervous to post but here goes. Tried a bunch of tactics over the years to deal with the P&M problems. Hopefully I will find something here that will help. I've been reading posts looks like a caring and sharing ruach which is maybe what I need?

Welcome to the forums!! Kudos to you for daring to post. You will see you won't regret it!! We are all together in this fight and you will gain from sharing your journey and from connecting to a very special, warm and caring oilam here.

What have you tried so far? Have you tried the 90-day chart? F2F?

I'd be interested in hearing a bit more about your journey, when you're ready.... everyones story is unique.

See also the [thread for new members](#).

Keep strong,

UpAndDown

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