

Anxiety

Posted by avi4853 - 20 Nov 2012 20:28

Although this is my first time posting on the forum, I've been a wallflower for the past few years to the site. My biggest issue, which I only realized a few months ago, after struggling for around 7.5 years since before my bar mitzvah, was that I always veiwed my longstanding anxiety issues and porn addiction as seperate problems.

Anxiety and lust addiction go hand in hand.

I found a book called "How to stop Worrying and Start living" written by Dale Carngie, and I found his advice practical and very useful. I found that by tackling my anxiety issues, the lust issues fade away.

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Re: Anxiety

Posted by Dov - 20 Nov 2012 21:57

That's great! I found the same thing in a way, too. Allowing myself to be good to myself and live better and making the effort, really helps everything in my life. In the end, my avodas Hashem is so much better. And it's all because I am living better!

And I particularly liked the Dale Carnegie book on "working better at your job", or whatever it was called. Good, sound advice on being a smart mentch.

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