

Learning Torah daily! And teshuva!
Posted by Aaronhopeful@gye.com - 25 Jun 2017 04:44

Learning Torah (Gemara, and tanch) every day. And distracting myself. My teshuva is fasting every Monday and Thursday for 3 years. B"H I overcame mastu***** and shmutz. I don't even got the desire for them. B"H. May it works for you too. hatzlacha

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Re: Learning Torah daily! And teshuva!
Posted by Aaronhopeful@gye.com - 25 Jun 2017 04:47

It can be similar. Like fasting half day a week. And learning Torah for an hour daily then volunteer or work etc.

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Re: Learning Torah daily! And teshuva!
Posted by Kedoshimtehiyu - 06 Aug 2017 22:53

Hi,

This was an issue in my past, and Baruch Hashem I have dropped the habit in the last 7 years.

Would you know what is the source about teshuva of fasting. Is there some connection to the period of Shovavim? Thanks.

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Re: Learning Torah daily! And teshuva!
Posted by Od Yossef Hai - 20 Nov 2017 19:59

There are two books helping me a lot...

1. Teshuvah through recovery

2. Sefer Zos Brisi

3. Positive vision

Maybe those sefarim may help you too... And enrich your talmud Torah. By the way, the book number 1 was written by Rav Twerski!

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