

Daily Dose of The Battle of the Generation

Posted by EccentricComposer - 30 May 2023 00:32

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**RULES:**

1) We are starting from the beginning.

2) We will read around 3 pages a day, I will try to put the page numbers on my post for the day, everyone should try to stay around the same place.

3) This program is open for anyone to join, whenever they like, the more the merrier!

4) This thread is open for anyone and everyone to participate, even if they haven't read the days section, its a way to keep everyone motivated to read the section, and remember it.

5) All haaros are welcome, try to keep it pertaining to the relevant section though so we don't get too distracted.

6) Everyone participating should try to post as often as they can to keep everyone else motivated.

Hatzlacha Rabba!

Click [here](#) for a link to the ebook!?

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 27 Aug 2023 04:17

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Shabbos: Pages 291-294

“If we are lazy and think that because we got rid of our Internet access everything will be fine and we don't have to work on ourselves, we might end up flat on the floor.”

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 27 Aug 2023 12:28

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Chapter 38: Pages 295-296

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 28 Aug 2023 12:26

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Chapter 39: Pages 297-298

“It's hard to give up benefits just to avoid exposing ourselves to desire. We can motivate ourselves by remembering that there are real consequences that result from our decisions, and that a ‘minor’ negative consequence might not be worth it.”

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 29 Aug 2023 12:13

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Chapter 40: Pages 299-301

Avoiding triggers.

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Re: Daily Dose of The Battle of the Generation

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Posted by Captain - 30 Aug 2023 12:55

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Chapter 41: Pages 303-304

We might be able to attain a real break from desire if we are careful not to do anything that increases it in any way (such as fantasizing or looking at women for pleasure, even if it's not a "fall").

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 31 Aug 2023 13:14

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Chapter 42: Pages 305-308

Talking dirty increases our desires, at least subconsciously. This causes our challenges to be more difficult and painful.

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 01 Sep 2023 12:53

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Chapter 43: Pages 309-310

Mastering our thoughts.

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 18 Sep 2023 14:18

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Sorry for not keeping up! Here's the schedule for the next few days:

Monday: Chapter 44: Pages 315-317

Tuesday: Pages 318-320

Wednesday: Pages 321-322

Thursday: Chapter 45: Pages 323-326

Friday: Pages 327-330

Shabbos: Chapter 46: Pages 331-334

Sunday: Chapter 47: Pages 335-339

We finish just in time for Yom Kippur!

Monday: Postscript: Pages 341-343

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 18 Sep 2023 14:19

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Today:

Chapter 44: Pages 315-317

Torah study provides us with spiritual food to fight our yetzer hara.

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 19 Sep 2023 13:06

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Pages 318-320

Strategies to succeed in learning

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 20 Sep 2023 13:06

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Pages 321-322

The importance of mussar study.

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 21 Sep 2023 13:07

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Chapter 45: Pages 323-326

Prayer's vital role in the battle against desire.

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 22 Sep 2023 13:01

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Pages 327-330

Hashem is really listening.

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 24 Sep 2023 03:42

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Chapter 46: Pages 331-334

Guidance.

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