

Home of Gibbor120

Posted by gibbor120 - 18 Aug 2011 21:06

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Hi,

I introduced myself, not long ago, [Here](#). But I have grown since then, and have outgrown my small house in the "Introduce Yourself" part of town. I am a Jr. Member and soon will be a "Full Member" IY"H, so I decided I needed to build a new house in a new neighborhood. I looked around at different neighborhoods and saw some spectacular houses in "Wall of Honor". I see that [Zemmy](#) and [Bards](#) have built here among others, so I decided to plant myself here as well. I will hopefully build some walls of honor myself, and continue to make great friends along the way.

I plan to use this as my main posting thread. So please come in and make a l'chayim, or enjoy some chocolate babke and fresh brewed coffee, or just stop by to say hello.

It's a privilege to dwell among such chashuve yidden!

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Re: Home of Gibbor120

Posted by Gevura Shebyesod - 14 Apr 2016 20:54

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Re: Home of Gibbor120

Posted by pischoshelmachat - 14 Apr 2016 20:54

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Congrats on your year of sobriety!

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Re: Home of Gibbor120  
Posted by markz - 14 Apr 2016 21:01

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Great to hear you'll be with us

"until at least after Pesach"

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Re: Home of Gibbor120  
Posted by yiraishamaim - 03 May 2016 20:44

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I have not been a regular poster for a long while and missed this incredible milestone.

Thank you Gibbor for being the role model that you are.

*Kishmo Ken Hu!*

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Re: Home of Gibbor120  
Posted by gibbor120 - 08 Jun 2016 19:10

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I know I've been out of the loop for a while. So much so, that I almost forgot to post today that I am Bezras Hashem 7 years clean! It's hard for me to believe, and I never thought it possible. I certainly owe a HUGE debt of gratitude to GYE and the many friends I've made here. I could not have done it without you.

Thank you all from the bottom of my heart.

KOT and NEVER EVER GIVE UP!

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Re: Home of Gibbor120  
Posted by markz - 08 Jun 2016 19:20

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**MAZEL TOV!!!!!!!!!!**



May we all be zocheh to follow your (12) Steps, and see light at the end of the tunnel where we forget to post on GYE

Hey gibbor - if you have a moment I'd appreciate if you have anything offhand to share on what I wrote [here](#)

Thanks for being a role model and featuring on the Success Stories Page...

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Re: Home of Gibbor120  
Posted by Gevura Shebyesod - 08 Jun 2016 19:22

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KOWL!!!

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Re: Home of Gibbor120  
Posted by Abie - 09 Jun 2016 03:23

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Forget me not. Please daven that I follow your ways..

BTW, how many pounds are on that barbell? You've been pumping for awfully long!

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Re: Home of Gibbor120  
Posted by gibbor120 - 09 Jun 2016 04:04

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[Gevura Shebyesod wrote on 08 Jun 2016 19:22:](#)

WOOHOO!!!!

KOWL!!!

Thank you! I'm sorry I didn't post on Gevurah Shebeyesod day, but I did think of you. (and on ) .

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Re: Home of Gibbor120

Posted by gibbor120 - 09 Jun 2016 04:10

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[Abie wrote on 09 Jun 2016 03:23:](#)

Yesod Shebigevurah day too

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Forget me not. Please daven that I follow your ways..

I daven that you find your personal way. We can learn from each other, but we are not identical

[Abie wrote on 09 Jun 2016 03:23:](#)

BTW, how many pounds are on that barbell? You've been pumping for awfully long!

Someone here will probably time how many pumps in a minute and then figure out how many in 7 years. At least it will keep someone busy for a while

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Re: Home of Gibbor120

Posted by gibbor120 - 09 Jun 2016 04:21

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[markz wrote on 08 Jun 2016 19:20:](#)

**MAZEL TOV!!!!!!!!!!**



May we all be zocheh to follow your (12) Steps, and see light at the end of the tunnel where we forget to post on GYE

Hey gibbor - if you have a moment I'd appreciate if you have anything offhand to share on what I wrote [here](#)

I'm not sure what you want me to comment on.

[markz wrote on 08 Jun 2016 19:20:](#)

Thanks for being a role model and featuring on the Success Stories Page...

Don't forget to update us on 6/8/2017

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Re: Home of Gibbor120  
Posted by Gevura Shebyesod - 09 Jun 2016 04:28

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My inner math geek couldn't resist...

I get 40 pumps per minute...

2400 per hour

57600 per day

21,024,000 per year

147,168,000 in 7 years

(times 4485 posts = 660,048,480,000)

...and you still haven't got any muscles....

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Re: Home of Gibbor120  
Posted by markz - 09 Jun 2016 12:33

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Gibbor, If you had more muscle to add on the entire topic would be nice. Specifically I'd like to hear of any sources you may have to what you wrote 29 Apr 2015 [here](#)

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Re: Home of Gibbor120



Posted by gibbor120 - 09 Jun 2016 20:24

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Hmmm. I may be able to find the source, but I think that experience is the best source for this. The best eitzah is to avoid the battle in the first place. Once taivah hits, it's very hard to be omed binisayon. I think we all know this.

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Re: Home of Gibbor120  
Posted by markz - 09 Jun 2016 20:46

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My wife is pushing to see if I need therapy for my lust issues that in my opinion are in the 'low addiction' range. primarily I had acted out when alone with unfiltered devices etc, and have recently setup good fences thanks to gye

I don't have what to respond to her, and I think input would be appreciated - either way. And that link is related to the topic.

If you read my boring story and think I need help please say so...

KOMT

KEEP ON MUSCLE TRUCKING

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