

Kosher outlets to unwind at night

Posted by Kedusha200 - 29 Sep 2022 05:19

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Hi,

I used to watch sports highlights as a way to unwind at night but gave that up a few months ago as it itself is too addictive and would also often lead to me to watch inappropriate videos on YouTube.

Does anyone have other ideas that have worked for them?

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Re: Kosher outlets to unwind at night

Posted by tryingmybest2022 - 29 Sep 2022 05:31

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The best thing to do is probably exercise but i know at least for me some nights im just not in the mood so i would listen to audiobooks maybe?

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Re: Kosher outlets to unwind at night

Posted by Kedusha200 - 29 Sep 2022 05:34

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Thank you. That sounds like an option. Where can you find stimulating kosher audio books?

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Re: Kosher outlets to unwind at night

Posted by committed\_togrowth - 29 Sep 2022 06:15

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I like to read classic literature myself. If you go back far enough in time the content is totally kosher/modest as society had a higher moral standard a couple of hundred years ago. It doesn't have to be heavy/intellectual stuff. Novels from Mark Twain (Huckleberry Fin for instance) or Charles Dickens (Daver Copperfield is my favorite) are really great and charming escapes. For something a bit more recent, Tolkien's the Hobbit is a great read.

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