

## THE NEW GUARDYOUREYES HANDBOOKS

Posted by the.guard - 09 May 2009 21:44

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To all the great warriors on this forum, may Hashem be with you!

PLEASE make sure to read the new handbooks (links below), and let them be a basis for the *Chizuk* and tools that are discussed on this forum when offering suggestions to newcomers who post here seeking advice. Let these booklets provide us with ideas and direction to share with the newcomers. After all, almost everything in these handbooks **I got from YOU GUYS..** I'll bet each of you will find in them, at least one quote or idea that you had said in the past :D

Suggestion: You might want to print the handbooks out to read away from the computer, if it makes it easier at first.

*(Keep in mind though, that if you print them, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, studying each one and assessing whether you tried it fully yet or not)...*

**Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.**

### 1) [The GuardYourEyes Handbook](#)

*This Handbook details 18 suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!*

### 2) [The GuardYourEyes Attitude](#)

*The Attitude Handbook details 30 basic principles to help us maintain the proper attitude and*

*perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...*

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