

Testimonials for TBOTG

Posted by cleanmendy - 11 May 2025 13:36

The Book The Battle Of The Generation, has literally saved the generation. So many of us have gained tremendously from the book, changing our outlook on our Nisyonos. Written in a clear and understandable way, with the proper Torahdike Hashkafa, its a masterpiece.

I'm starting this thread for everyone to share what about the book helped them. Ill start,

The book has taught me most, that every time I have a Nisoyon, there's a tremendous opportunity for me to get amazing reward, in this world and the next. Its an opportunity for growth and connection to Hakadosh Baruch Hu, and Ill feel much more pleasure out of winning than giving in.

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Re: Testimonials for TBOTG

Posted by yitzchokm - 11 May 2025 15:10

In a nutshell, the book changed my perspective from depression over my falls to excitement over my challenges. It also helped me feel like a special person instead of feeling like a failure. The book gave me back my living spirit that was robbed from me.

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Re: Testimonials for TBOTG

Posted by david26fr - 19 May 2025 15:18

This book is a real gem!

It helped me a lot by giving me a global perspective on the problem, and to see the challenges as opportunities to grow and not as proof that I am a bad person.

It also shows us that we are not alone in being affected, not alone in having to fight, and that there is hope.

The many techniques covered in this book are very well explained and very useful for progress.

I recommend it !

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Re: Testimonials for TBOTG

Posted by josephhatzaddik - 19 May 2025 19:04

Lets start with my (short) backstory. Since I was 6 years of age I already started to have thoughts that are better left unsaid. I grew up in a home where my father did/does have a tempter/a very short fuse who'd get triggered by my naive innocent remarks/questions as a child and he'd be angry at random so I was usually in fight or flight mode my whole life. My home was hell now that I think about it although no one was being physically beat up the need to always be on edge was very hard on a child always scared. My mom was passive "submissive" to my father who didn't defend me from my dad's verbal abuse/public humiliation although he apologized he constantly did it again and again I remember yelling into my pillow as a child after feeling completely broken as a human after once again another episode of public humiliation at the Shabbos table sometimes with guest around. I had zero to bare minimum emotional intimacy growing up as well and conditional love like being shown disdain from my father if missing shul even though I had no idea what I was praying for or understood what I was saying. Why am I saying this if this is a review for Hillel's amazing sefer? The reason is because most addictions I've learnt (if not all I'm still learning) stem primarily from unresolved (especially childhood) trauma (and isolation/loneliness/lack of purpose from my experience). After learning this p*rn and other unwanted s*xual behaviors are a thing of the past for the most part. Of course that doesn't mean I don't work on shmiras einayim or shmiras habris but the challenge has reduced itself significantly since I've learnt this and started gaining awareness on trauma. At the time before I knew this and was fighting off of willpower mainly Hillel's book was extremely helpful and highly recommend it and will revisit it for sure because the amount of temptation out there is literally everywhere and we should fortify ourselves so as to not fall into the slippery endless cycle of raw desire which is all too easy to do.

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Re: Testimonials for TBOTG

Posted by yitzchokm - 19 May 2025 19:15

Sex therapists are highly trained in trauma for the reason you mentioned. My struggles were also somewhat trauma related because I was physically abused by my father so I can relate to your words.

Congratulations on your first post. How about opening up your own thread? We will be able to give you chizuk and advice, you will be able to learn what you have to do for recovery and a heavy burden will be lifted off of your chest.

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Re: Testimonials for TBOTG

Posted by hopeful yingeman - 19 May 2025 20:29

can someone pls post a link to this book where i can read it or buy it?

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Re: Testimonials for TBOTG

Posted by BenHashemBH - 19 May 2025 20:55

[hopeful yingeman wrote on 19 May 2025 20:29:](#)

can someone pls post a link to this book where i can read it or buy it?

Shalom Brother,

Here is the link <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

And you can also buy it on Amazon.

Hatzlacha!

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Re: Testimonials for TBOTG

Posted by vehkam - 21 May 2025 20:18

The battle of the Generation is by far the book that has made the largest impact on my life. I lost count of how many times i finished the book when i hit 10 times. I try to read it every night. I find that this is very effective in keeping the concepts ingrained in me. The first time i read the book, i literally cried at times, because it was clear that the author understood everything that goes on in my head. All of the arguments and thoughts that were keeping me in a state of despair and blocking me from returning to a clean life are laid out in a simple, easy to read, nonjudgemental way. This book gave me hope that despite the deep pit that i had dug for myself (that only seemed to get deeper each year,) there was still a possibility of living the rest of my life in a way that would be meaningful and make hashem proud.

It is quite remarkable that the author was able to write a book that is so powerful and at the same time it is effective for people who struggle at all levels. There is nothing remotely explicit in the book and for the most part the book does not address any specific failures. The book is directed at learning how to feel good about oneself as we fight through the struggle of the yetzer hara's temptation and how to diffuse the yetzer hara's powerful justifications. There is also an invaluable tip on how to recognize when a thought is coming from the yetzer hara or the yetzer tov.

The appendix to the book contains a powerful handbook specifically aimed at recognizing and diffusing each of the yetzer hara's "dirty" tricks.

Reading a small portion of the book religiously every night can take away the despair that so many of us have (had) and give us the tools to be wildly successful in this Battle of the Generation!

with tremendous appreciation to Hillel S.,

vehkam

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Re: Testimonials for TBOTG

Posted by davidt - 24 Jul 2025 17:49

For those who want a quick overview of "The Battle of the Generation" - here you go:

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Core Message

This generation faces unique and unprecedented challenges with desire and temptation. However, these challenges are actually the greatest opportunity in history to achieve spiritual greatness through overcoming difficulty.

Part 1: Understanding the OpportunityThe Secret the Yetzer Hara Doesn't Want You to Know

- **Our generation's challenges are actually opportunities for unprecedented greatness**
- The harder the battle, the greater the potential accomplishment
- Hashem placed us in this generation specifically to achieve what no previous generation could

The Story of Palti

- Palti lived with King Saul's daughter for 5 years without sinning
- His accomplishment was considered greater than Yosef's with Potifar's wife
- **Key insight:** Palti was excited about his challenge because he understood the greatness he could achieve
- When the challenge ended, he cried because he lost his opportunity to accomplish

The Principle of Effort = Greatness

- From Avos D'Rebbe Nosson: A mitzvah done with difficulty is worth over 100 mitzvos done easily
- **"Lefum tza'ara agra"** - reward is according to the difficulty
- Each level of additional difficulty multiplies reward by 100

Part 2: Developing the Right AttitudeMissing Out vs. Gaining Everything

- The yetzer hara makes us feel we're "missing out" by not indulging
- **Reality:** Physical pleasure is overrated and leaves us empty
- **True fulfillment** comes from meaningful accomplishment and becoming great
- We miss nothing by controlling ourselves; we gain everything

Don't Despair - Proper Self-Image

- Past failures don't define us - we are good people who sometimes stumble
- **Identity shift:** "I don't do that" vs. "I am someone who does these things"
- Each victory changes our essence and makes us stronger
- Focus on growth and accomplishment, not perfection

Part 3: The Battle Plan Four Essential Components: 1. Awareness (Part 5)

- **Anticipate challenges** before they happen
- Document battles to identify triggers and patterns
- Prepare specific responses for likely scenarios
- Use physical reminders (like tzitzis) to maintain focus
- Stay alert to avoid being caught off guard

2. Wanting to Win (Part 6)

- **Develop genuine excitement** about accomplishing greatness
- Remember that overcoming desire = achieving the impossible
- Focus on the unique opportunity of our generation
- Celebrate every victory, no matter how small
- Build daily motivation through reading and contemplation

3. Willpower (Part 7)

- Know clearly what is forbidden - eliminate the "gray area"
- Build determination: "I will not do that!"
- Understand consequences while maintaining proper perspective
- Remember that prohibitions are gifts that help us succeed
- Develop the identity: "I am someone who doesn't do these things"

4. Calming Desires (Part 8)

- Contemplate how physical pleasure doesn't deliver happiness
- Remember that "and then what?" - pleasure is temporary
- Understand what we really seek: meaning and significance
- Apply these insights during battle to weaken desires
- Think about the future consequences of our choices

Part 4: Additional Battle Techniques Staying Away - Avoiding Triggers

- **Limit exposure** to harmful influences (Internet, media, etc.)
- Identify personal triggers and avoid them when possible
- Remember: "A little bad spoils the good"
- Balance protection with healthy living
- Get proper rabbinical guidance for your situation

Torah Study and Prayer

- **Torah is the antidote** to the yetzer hara (Gemara Kiddushin 30b)
- Mussar study is the most direct weapon
- Prayer builds relationship with Hashem and provides strength
- Toiling in learning strengthens us spiritually
- Learning relevant halachos makes prohibitions feel real

Controlling Speech and Thoughts

- Avoid inappropriate speech - it strengthens desires
- Handle stray thoughts with indifference: "Whatever, next"
- Don't get frustrated with unwanted thoughts - they're not sins
- Use distraction techniques for persistent thoughts
- Remember: thoughts that pop up aren't our fault

Getting Help

- Find a mentor who understands the struggle
- Consider becoming a mentor to others (strengthens yourself)
- Join support groups or communities (like GYE)
- Don't fight alone - the battle is too difficult

Key Mindset Shifts From Obligation to Opportunity

- **Old mindset:** "I have to control myself" (burden)
- **New mindset:** "I get to achieve greatness" (opportunity)

From Perfection to Growth

- **Old mindset:** Focus on not messing up
- **New mindset:** Focus on accomplishing and growing

From Victim to Warrior

- **Old mindset:** "Why is this happening to me?"
- **New mindset:** "This is my chance to become great"

From Shame to Pride

- **Old mindset:** Ashamed of struggles and failures
- **New mindset:** Proud of efforts and growth

The Ultimate Message

You were not created to be ordinary. Hashem placed you in this generation, with these specific challenges, because He wants you to achieve unprecedented greatness. Every moment of self-control is a victory that angels cannot achieve. Every battle won brings you closer to becoming the great person you were meant to be.

The difficulty is not a punishment - it's your opportunity. The stronger the challenge, the greater the potential accomplishment. This is **the battle of the generation**, and you have the chance to emerge victorious and achieve eternal greatness.

Daily Practice

1. **Read something motivating** about accomplishment every day
2. **Celebrate every victory**, no matter how small
3. **Prepare for upcoming challenges** through visualization
4. **Study Torah and Mussar** regularly
5. **Pray for Hashem's help** in the battle
6. **Connect with others** fighting the same battle
7. **Remember:** You are becoming great through this struggle

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Re: Testimonials for TBOTG

Posted by yosefthetradik - 24 Jul 2025 19:54

Wow, thanks so much for this!

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Re: Testimonials for TBOTG

Posted by hashemisonmyside - 24 Jul 2025 21:00

Do I still need to read the book now?
In order for it to fully rub into your mind you for sure have to....

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