

Study recommendations for laziness

Posted by Bilaam Harasha to Yosef Hatzaddik - 06 Feb 2022 14:41

---

Are there any sefarim on how to combat and overcome laziness in specific? I have mesilat yesharim but I feel it's not enough and that I'm not even succeeding in achieving zechirut because of my laziness.

Another problem is that my mind is usually filled with thoughts that are just nonsense and delusional often and this is especially true after a fall, any sefarim on how to deal with this also? I prefer sefarim from rishonim (just a general preference of stuff written a long time ago because they tend to be filled with nuances I like to learn) but I'd appreciate any suggestions.

=====  
=====

Re: Study recommendations for laziness

Posted by DavidT - 06 Feb 2022 16:57

---

[Bilaam Harasha to Yosef Hatzaddik wrote on 06 Feb 2022 14:41:](#)

Are there any sefarim on how to combat and overcome laziness in specific? I have mesilat yesharim but I feel it's not enough and that I'm not even succeeding in achieving zechirut because of my laziness.

Another problem is that my mind is usually filled with thoughts that are just nonsense and delusional often and this is especially true after a fall, any sefarim on how to deal with this also? I prefer sefarim from rishonim (just a general preference of stuff written a long time ago because they tend to be filled with nuances I like to learn) but I'd appreciate any suggestions.

?????? ?????? .??? ??????? - ??? ??????

=====  
=====

Re: Study recommendations for laziness

Posted by Bilaam Harasha to Yosef Hatzaddik - 06 Feb 2022 17:06

---

Sorry but I'm not able to read Hebrew yet, I was able to understand orchot tzaddikim but can you tell me in english the transliterations of the 2 chapters? I think the first one is shaar hazerizut but the second one I don't know.

=====  
=====

Re: Study recommendations for laziness  
Posted by DavidT - 06 Feb 2022 17:13

---

[Bilaam Harasha to Yosef Hatzaddik wrote on 06 Feb 2022 17:06:](#)

Sorry but I'm not able to read Hebrew yet, I was able to understand orchot tzaddikim but can you tell me in english the transliterations of the 2 chapters? I think the first one is shaar hazerizut but the second one I don't know.

It's 2 chapters in orchot tzaddikim

Chapter Fifteen: ON ZEAL , Chapter Sixteen: ON LAZINESS

see attached

=====  
=====

Re: Study recommendations for laziness  
Posted by Vehkam - 06 Feb 2022 17:29

---

just a side point, be careful not to confuse depression with laziness.

wishing you tremendous hatzlocha

=====  
=====

Re: Study recommendations for laziness  
Posted by Bilaam Harasha to Yosef Hatzaddik - 15 Feb 2022 15:50

---

I read the chapters, it was good for me to read them but I need some more. Does anyone know any classic mussar books other than the ones above? I want to get orchot tzaddikim in person but I'm afraid I won't be able to learn it that good without it being in an artscroll format where it's translation and commentary and elucidation. And the last I checked, artscroll doesn't have that out yet. I know that feldhiem does, but I really need it with commentary and elucidation and from the description of that book on feldhiem, I think it's just a translation.

I just want to look into general topics that deal with the gravity of the service of Hashem to be aware of it and how to improve in it, that's what mussar is defined like in my head and maybe that's wrong but this is what I'm looking for. Any sefarim suggestions would be appreciated.

=====  
=====

Re: Study recommendations for laziness  
Posted by wilnevergiveup - 15 Feb 2022 17:08

---

You can try searching the topic on Torah Anytime. There is also an amazing website called Simpletoremember.com with lots of amazing shiurim.

Here is what I got when I searched "laziness" on Torah anytime [www.torahanytime.com/#/search?search=laziness&filter=%7B%7D](http://www.torahanytime.com/#/search?search=laziness&filter=%7B%7D)

=====  
=====

Re: Study recommendations for laziness  
Posted by Bilaam Harasha to Yosef Hatzaddik - 15 Feb 2022 19:42

---

Thanks.

=====  
=====

Re: Study recommendations for laziness  
Posted by Hashem Help Me - 16 Feb 2022 21:38

---

.

=====  
=====