

Damage control

Posted by joyfulbutterfly02 - 31 Oct 2024 20:24

I have found that starting the day with a nominal breakfast and rushing to a 9:30 am to 11:30 am shiur prevents inappropriate internet use . Then going to a senior center and getting a cheap lunch ; tops off the early part of the day .

Mid day naps can then be challenging.

=====

=====

Re: Damage control

Posted by ?? ????? - 01 Nov 2024 01:59

Hi Joyful, welcome to the best place in the world

=====

=====

Re: Damage control

Posted by ?? ????? - 01 Nov 2024 02:05

As I read your post I assume you are getting tired during the day, there is a there is a book called "The miracle morning" me personally it helped a lot I have also heard from other friends that it helped them in getting up early and living a **joyful** meaningful life all day long I would suggest anyone I know which is going through this challenge to read it

Love you

=====

=====