

Amazing Article!

Posted by Optimistic - 11 May 2014 02:09

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So this article is an absolute must. I used to look at this every time I felt I was struggling, and it always did the trick. Both parts are essential (but they're very fun to read so don't worry). It's filled with essential tricks on how to deal with the Yetzer Hara, helps you to get to know him much better!

[www.chabad.org/library/article\\_cdo/aid/740798/jewish/Me-and-My-Body-a-Dialogue.htm](http://www.chabad.org/library/article_cdo/aid/740798/jewish/Me-and-My-Body-a-Dialogue.htm)

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