

Food

Posted by ColinColin - 22 Nov 2016 19:00

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I often feel likely to sin when I am tired, and I am usually tired because I have not eaten.

I find that eating a healthy meal can help "reset" my mind into a positive mindstate, away from seeking the quick fix of adrenaline/dopamine which happens when I am tired.

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Re: Food

Posted by leopold - 13 Dec 2016 15:34

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ya thats helps me too

rabbi nachman sayd that when he fight this teava he did that

yashar coach brother

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Re: Food

Posted by Singularity - 14 Dec 2016 08:58

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Feed yourself, not the addiction!

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Re: Food

Posted by leopold - 24 Dec 2016 22:25

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truth. healthy food takes you up, and when you happy this taava looks like nothing..

and i really think that boredom is underrated. i mean, you have to have things you love to do.

like "no yezter ara comes in heart that is full of wisdom", and it doesn't have to be tora daika,

but all the things a guy likes to do, art, music, sport..

i think if some one is expressed himself, and felt good about himself.. he doesn't seek to feel good in a bad places

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na nach