

Great Shiruim To Help in These Struggles

Posted by the.guard - 25 Feb 2009 10:56

Right click the links and choose "Save Link/Target As"

[R' Yisrael Reisman Shlit"a](#): A MUST for anyone struggling with these issues.

[This Shiur](#), given recently by Rabbi Yisroel Reisman, discusses the little-known Middah of "Netzach." We believe that the GYE community will find this Shiur very inspiring and insightful, both for its general theme and for the specific discussion of the Nisyonos of the Internet. (The Shiur is being shared in its entirety with the generous permission of the copyright holder. Please note that permission is granted to download only for your personal use. This Shiur, and hundreds of other Shiurim by Rabbi Reisman, can be purchased and downloaded [here](#), or contact navitapes@gmail.com.)

A **[Great Video Shiur](#)** on Shmiras Ainayim called "Eyes of Holiness" by R' Lazer Brody.

[A great Shiur by Rabbi Shafier](#) (www.theshmuz.com). If you don't have time to listen to the whole thing, you MUST listen at least to this **[5 minute clip](#)**.

Other Shiurim by Rabbi Shafier that are also great for this topic.

- **[Soton Out of the Box](#)**
- **[Tricks of the Soton](#)**
- **[Stage 1 of Change: Denial](#)**
- **[Stage 2 of Change: Support Groups](#)**
- **[Stage 3 of Change: Taking Action](#)**

[Download](#) Rabbi Miller's "eye-opening" Shmiras Einayim Shiur.

[Maintaining Kedusha in an Overexposed Society](#) - Rabbi Mayer Twersky and Dr. David Pelcovitz

[Rabbi Tatz on Marriage](#) - powerful (scroll down to Marriage part 1 and Marriage part 2)

Rabbi Zechariah wallerstein has a video shiur about shmiras einayim called "challenges of summer". [Click here](#) and then click on the picture on the screen to start the download.

If you heard a Shiur somewhere on-line that helped you in these struggles - PLEASE SEND US THE LINK

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Re: Great Shiruim To Help in These Struggles
Posted by bochur28 - 04 Aug 2009 03:26

torahanytime.com/Rabbi/Zecharia_Wallerstein/index.html

Rabbi Zechariah wallerstein has a shiur on this site about shmiras einayim - hit ctrl + f and type in 'challenges of summer', there's a download ption, as well as streaming from the site.

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Re: Great Shiruim To Help in These Struggles
Posted by the.guard - 06 Aug 2009 16:16

Rabbi B. Tz. Twerski

Signup and download is free for this shiur.

www.torahmedia.com/search/fileinfo.php?sid=l89mh53204i043s&cid=&directlink=29731&frompage=

Posted by "Chazak"

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Re: Great Shiruim To Help in These Struggles
Posted by letakain - 17 Aug 2009 21:27

Awesome shmuz on teshuvah called "It's never too late":

www.theshmuz.com/Merchant2/merchant.mvc?Screen=Prod&Product_Code=Shmuz_Number_80&Category_Code=Mussar

"Imagination: The Devil's Playground":

www.theshmuz.com/Merchant2/merchant.mvc?Screen=Prod&Product_Code=Shmuz_Number_135&Category_Code=Mussar

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Re: Great Shiruim To Help in These Struggles
Posted by the.guard - 21 Aug 2009 08:22

shiur from R' Bentzion Twersky

www.torahmedia.com/search/fileinfo.php?sid=l89mh53204i043s&cid=&directlink=29692&frompage=

All the tricks to guarding our eyes are great (like on [this page](#)). They can and do work. But they can still take a lot out of you. There's a constant struggle, sometimes you win and sometimes you lose (even if you don't act out) and it's very draining. Instead, in this amazing shiur from R' Bentzion Twersky, he says that the long term answer is to address **the root cause**, which is to change your character so that this is not something you want. If you don't want it, you won't see it (he gives a mashal for this – listen to the shiur!).

You address the root cause by focusing on what you want instead (hopefully Torah and a connection to Hashem) and as you work on that you will slowly become that. It's a lofty goal but in the long run, it will put you in a different place entirely and all these strategies will become unnecessary. And lofty goals are achieved step by step, one day at a time, as we know. So start today!

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Re: Great Shiruim To Help in These Struggles
Posted by the.guard - 23 Aug 2009 16:05

Someone posted on the forum at www.jewishsexuality.com:

Interesting Lecture on Dealing with Temptations

I just heard a really helpful, interesting lecture called: Maintaining Kedusha in an Overexposed Society - Rabbi Mayer Twersky and Dr. David Pelcovitz. The link to this lecture is:

www.yutorah.org/lectures/lecture.cfm/731589/_Artists_Various/Maintaining_Kedusha_in_an_Overexposed_Society_-_Rabbi_Mayer_Twersky_and_Dr._David_Pelcovitz

It includes both religious and psychological aspects of the struggle against sexual temptations, along with tools for dealing with these issues.

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Re: Great Shiruim To Help in These Struggles
Posted by mevakesh - 17 Sep 2009 14:12

Just wanted to post a link here to a fantastic lecture serious from Rabbi Moshe Wolfson, *mashgiach* of Yeshivas Torah Vdas and Rav of the famous Emunas Yisroel shul in Boro Park.

Rabbi Wolfson has been lecturing on the topic of *emunah* for many years as this subject has been the focal point of his *hashkafas ha'chaim*.

Engendering a deep and lasting *emunah* in Hashem is a crucial aspect of any recovery whether it be 12 step based or not.

In my opinion, these lectures are worth their weight in gold.

www.613.org/wolfson.html

Also, for many other **free** and current shiurim in many languages see www.kolhashiurim.com

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Re: Great Shiruim To Help in These Struggles
Posted by BentleyJunkie - 18 Sep 2009 06:01

AMAZING lecture to Rosh HaShanah & especially our addiction by Rabbi Wallerstein:

http://www.torahanytime.com/scripts/media.php?file=media/Rabbi/Zecharia_Wallerstein/2007-09-10/rosh_hashana_the_verdict_is_in_your_hands/Rabbi_Zecharia_Wallerstein_rosh_hashana_the_verdict_is_in_your_hands_2007-09-10.mp3

Highly recommend it!

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Re: Great Shiruim To Help in These Struggles
Posted by the.guard - 05 Oct 2009 07:17

Rabbi Mechel Twerski:

www.bethjehudah.org/audio/RMT_Internet_speech_Baltimore.mp3

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Re: Great Shiruim To Help in These Struggles
Posted by the.guard - 17 Nov 2009 12:46

Posted by Steve613:

www.yutorah.org/lectures/lecture.cfm/733655/Rabbi_Baruch_Simon/47-Binyan_Issur_Hotza
'as_Zera_Livatalah

Note: The shiur is more halachik than hashlafic and could possibly be a trigger for some folks.

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Re: Great Shiruim To Help in These Struggles
Posted by BentleyJunkie - 17 Dec 2009 18:09

R' Wallerstein hits another one out of the park...truly amazing shiur!

[www.torahanytime.com/scripts/media.php?file=media/Rabbi/Zecharia_Wallerstein/2009-12-16/T
he Unchanging Spiritual DNA of Chanukah/Rabbi_Zecharia_Wallerstein_The Unchanging
_Spiritual_DNA_of_Chanukah_2009-12-16.mp3](http://www.torahanytime.com/scripts/media.php?file=media/Rabbi/Zecharia_Wallerstein/2009-12-16/The_Unchanging_Spiritual_DNA_of_Chanukah/Rabbi_Zecharia_Wallerstein_The_Unchanging_Spiritual_DNA_of_Chanukah_2009-12-16.mp3)

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Re: Great Shiruim To Help in These Struggles

Posted by the.guard - 17 Dec 2009 19:45

A shiur from Rabbi Twerski where he discusses addictions also:

www.yutorah.org/lectures/lecture.cfm/740062/Rabbi_Dr._Abraham_Twerski/Improving_Ones_Middos_and_The_Importance_of_Self_Esteem

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Re: Great Shiruim To Help in These Struggles
Posted by Ano Nymous - 17 Dec 2009 20:24

This is a great shiur by Rabbi Twerski.

"My Own Struggle with Low Self-Esteem"

Get it at www.torahweb.org/cgi-bin/download.pl?name=2008/esteem/dtwe_072808.mp3

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Re: Great Shiruim To Help in These Struggles
Posted by Kollel Guy - 24 Dec 2009 11:08

Sorry ano, but the link doesn't work. ???

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Re: Great Shiruim To Help in These Struggles
Posted by imtrying25 - 24 Dec 2009 11:28

[Kollel Guy wrote on 24 Dec 2009 11:08:](#)

Sorry eye, but the link doesn't work. ???

Het KG i think you meant Ano.

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