

Daily Dose of The Battle of the Generation

Posted by EccentricComposer - 30 May 2023 00:32

RULES:

1) We are starting from the beginning.

2) We will read around 3 pages a day, I will try to put the page numbers on my post for the day, everyone should try to stay around the same place.

3) This program is open for anyone to join, whenever they like, the more the merrier!

4) This thread is open for anyone and everyone to participate, even if they haven't read the days section, its a way to keep everyone motivated to read the section, and remember it.

5) All haaros are welcome, try to keep it pertaining to the relevant section though so we don't get too distracted.

6) Everyone participating should try to post as often as they can to keep everyone else motivated.

Hatzlacha Rabba!

Click [here](#) for a link to the ebook!?

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 19 Nov 2023 06:01

Schedule for the next few days:

Sunday: Pages 63-65

Monday: Chapter 8: Pages 67-68

Tuesday: Pages 69-71

Wednesday: Chapter 9: Pages 75-76

Thursday: Pages 77-78

Friday/ Shabbos: Catch up if behind.

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Re: Daily Dose of The Battle of the Generation
Posted by ?????1 - 19 Nov 2023 10:26

putting yourself in situations that is a Trigger for u is also a part of the struggle your brain/heart tries to tell you can go/watch/hear this think you will know when to stop or you are not the person that you was and for a base for this its tells you look you are clean already for..... This pried of time you know how to control yourself

?this is a part the challenge in my opinon

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Re: Daily Dose of The Battle of the Generation
Posted by HeChochma - 26 Nov 2023 01:20

Page 77-78

"Nevertheless, the question remains: how do we deal with the feelings of emptiness that prevent

us from being happy?...

The solution is to realize what an opportunity our challenges are.

We will buzz with excitement as we taste the sweetness of success. We will confidently admire the strength we exerted with Hashem's help, and we will be proud of ourselves rather than regretting standing strong against desire. We will be thrilled about coming closer to our lifelong goal of greatness, and we will finally experience some of the emotional pleasure."

It is so absolutely vital to value, to treasure, to savor, to cherish every single success against lust.

When I read it in the book it sounds obvious, but in reality it is so difficult to really hold on to and feel the wins building up. I especially have a hard time counting wins that didn't involve a question of falling - just the run of the mill, crime of opportunity lusting.

So, I will be following in Eerie's holy footsteps and buying myself a clicker. Every twenty-five clicks is a party bl'n!!!

MONSTER TRUCK REVVING

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 26 Nov 2023 04:20

Schedule for the next few days:

Sunday: Pages 79-81

Monday: Chapter 10: Pages 83-84

Tuesday: Pages 85-86

Wednesday: Pages 87-89

Thursday: Chapter 11: Pages 93-94

Friday/ Shabbos: Catch up if behind.

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Re: Daily Dose of The Battle of the Generation
Posted by ainshumyeiush - 29 Nov 2023 05:45

Tuesday

pages 85 - 86

we must realize that falling does not make us bad people, and that continuing to fight despite past actions makes us great, because we are fighting our desires and also the feeling of wanting to give up.

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 03 Dec 2023 19:49

Schedule for the next few days:

Sunday: Pages 95-96

Monday: Pages 97-98

Tuesday: Pages 99-100

Wednesday: Pages 101-102

Thursday: Chapter 12: Pages 103-104

Friday/ Shabbos: Catch up if behind.

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 10 Dec 2023 15:50

Schedule for the next few days:

Sunday: Pages 105-106

Monday: Pages 107-108

Tuesday: Chapter 13: Pages 109-111

Wednesday: Chapter 14: Pages 115-116

Thursday: Pages 117-119

Friday/ Shabbos: Catch up if behind.

Let's hear some insights from everyone!

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Re: Daily Dose of The Battle of the Generation
Posted by ainshumyeiush - 13 Dec 2023 05:52

Can anyone share how they build a plan and/or steps to take to creating a personal one for ourselves?

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Re: Daily Dose of The Battle of the Generation
Posted by davidt - 13 Dec 2023 16:27

[ainshumyeiush wrote on 13 Dec 2023 05:52:](#)

Can anyone share how they build a plan and/or steps to take to creating a personal one for ourselves?

does this help?

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Re: Daily Dose of The Battle of the Generation
Posted by ainshumyeiush - 13 Dec 2023 16:56

I cant see it on my phone, but ill try to check it out when i get a chance

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 17 Dec 2023 14:04

Schedule for the next few days:

Sunday: Chapter 15: Pages 121-122

Monday: Pages 123-125

Tuesday: Chapter 16: Pages 127-128

Wednesday: Chapter 14: Pages 129-130

Thursday: Pages 131-132

Friday/ Shabbos: Catch up if behind.

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Re: Daily Dose of The Battle of the Generation
Posted by ainshumyeiush - 19 Dec 2023 06:23

Monday pages 123 - 125

thinking about your challenges before they come will help with staying strong when they hit

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Re: Daily Dose of The Battle of the Generation
Posted by ainshumyeiush - 24 Dec 2023 18:30

Captain, sir. We are eagerly awaiting the marching orders for this week. And anyone who fell behind (yes im looking at you in the back), please join us. Im not a rabbi (despite the bmg stickers), but i think you can skip if you fell too far behind and pick up where we are

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 24 Dec 2023 19:16

[ainshumyeiush wrote on 24 Dec 2023 18:30:](#)

Captain, sir. We are eagerly awaiting the marching orders for this week. And anyone who fell behind (yes im looking at you in the back), please join us. Im not a rabbi (despite the bmg stickers), but i think you can skip if you fell too far behind and pick up where we are

Sorry I'm late!

I think we can find a heter lol. Though we only do 10 pages a week :-)

Schedule for the next few days:

Sunday: Pages 133-134

Monday: Chapter 17: Pages 135-137

Tuesday: Chapter 18: Pages 141-143

Wednesday: Chapter 19: Pages 145-147

Thursday: Extra time to catch up! We had a busy week.

Friday/ Shabbos: Catch up if behind.

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