

Daily Dose of The Battle of the Generation

Posted by EccentricComposer - 30 May 2023 00:32

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**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 - 25 Jul 2023 13:07

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Chapter 24: Pages 187-189

It would be very silly if we compare ourselves to others.

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 26 Jul 2023 13:51

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Chapter 24: Pages 190-192

“Many times, arrogance is a reaction to feelings of inferiority.”

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 28 Jul 2023 14:33

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Chapter 24: Pages 193-194

We can feel great about accomplishing and still avoid arrogance if we  
remember that:

1. Our entire nation is one unit with one common goal.
2. We are incapable of comparing ourselves to others because we  
don't know their circumstances.
3. We still have much work to reach the lofty levels we aspire for.
4. We can only succeed spiritually because of Hashem's help.

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 30 Jul 2023 14:01

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Pages 199-201. The incredible reward for holding back from sinning.

Rashi: There is no greater mitzvah than this.

Miracles done for people who overcame their yetzer hara.

The importance of celebrating our victories. A truly life-changing idea.

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Re: Daily Dose of The Battle of the Generation

Posted by dim12 - 30 Jul 2023 15:05

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Is there a Audiobook for The battle of the generation ?

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Re: Daily Dose of The Battle of the Generation

Posted by chaimoigen - 30 Jul 2023 15:22

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[Captain wrote on 30 Jul 2023 14:01:](#)

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I got a lot of Chizzuk from this Chapter. There's a tendency I have to say that since I ought not to be in this battle in the first place, (at least not the way I am), therefore I don't deserve to give myself any real credit for accomplishing. After all, what's the big deal about finally living up to what I believe in. Reading this helped clarify that this thought is Atzas HaYetzer.

So now I'm getting all revved up for my upcoming Seudas Hodaa when I hit 90, in 15 days, with

Siyata Dishmaya.

El Captain, you are invited!

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 30 Jul 2023 18:32

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[dim12 wrote on 30 Jul 2023 15:05:](#)

Is there a Audiobook for The battle of the generation ?

Unfortunately no

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 30 Jul 2023 18:33

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[chaimoigen wrote on 30 Jul 2023 15:22:](#)

[Captain wrote on 30 Jul 2023 14:01:](#)

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Thanks! I'm in!

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Re: Daily Dose of The Battle of the Generation  
Posted by redfaced - 30 Jul 2023 18:48

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[Captain wrote on 30 Jul 2023 18:33:](#)

[chaimoigen wrote on 30 Jul 2023 15:22:](#)

[Captain wrote on 30 Jul 2023 14:01:](#)

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Who's bringing the woodford?

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Re: Daily Dose of The Battle of the Generation  
Posted by chaimoigen - 31 Jul 2023 12:51

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My preference these days is 10 year old Widow Jane.

She, like me, is improving with age...

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 31 Jul 2023 17:44

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Pages 202-205:

An easy and transformative exercise:

"Take an index card or small piece of paper and keep it in your pocket. Tally on one line for each time you make any bit of internal push against your desires. This includes clearing your thoughts, not looking at what you shouldn't, or doing any action to beat your desires. Add a point for each time you push, even if it is in the same situation and even if you ended up

giving in. For example, if you were challenged and wanted to look at or think about something and had to strengthen yourself three times within ten seconds not to give in, add three points. (For each fifth point, draw a horizontal line across the four vertical lines to make it easier to keep track of how many points you have.) At the end of the week, see how many points you earned. Then, start again on the next line."

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Re: Daily Dose of The Battle of the Generation  
Posted by Tzvi98 - 31 Jul 2023 18:12

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Hi Captain,

I took your advice to start my journey by reading this book, but honestly, although this book is simply an eye opener in our struggle, i found so many valid reasons to push off the reading, however once i found this tread, although i still have a long way to get to page 202-205, but the consistency of this thread motivates me to read it daily as well the reacting comments from my friends here, and making slowly my way to get on track with the daily dose, so i'm really thankful for your great work here!

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 01 Aug 2023 13:50

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Chapter 26: Making it Last.

Pages 205-207

"The way to keep our inner fire strong is to read something that gets us excited every day."

"We need to celebrate our victories every time whether they seem big or small."

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Re: Daily Dose of The Battle of the Generation  
Posted by Captain - 01 Aug 2023 13:54

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Please everyone feel free to discuss the daily lesson or to share quotes that speak to you.

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