## **GYE - Guard Your Eyes**

Generated: 25 July, 2025, 00:32

What's the number 90? Posted by Kleen4real - 27 Apr 2017 04:36

I'm just curious from where the number "90 days" comes, is this a scientific study or is this from the Torah?

?In ????? ??? from Rabbi Elimelch of Lizensk writes that it takes 40 days to break a habit.

So I'm just wondering.

Thanks and good night.

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Re: What's the number 90?

Posted by Markz - 27 Apr 2017 04:49

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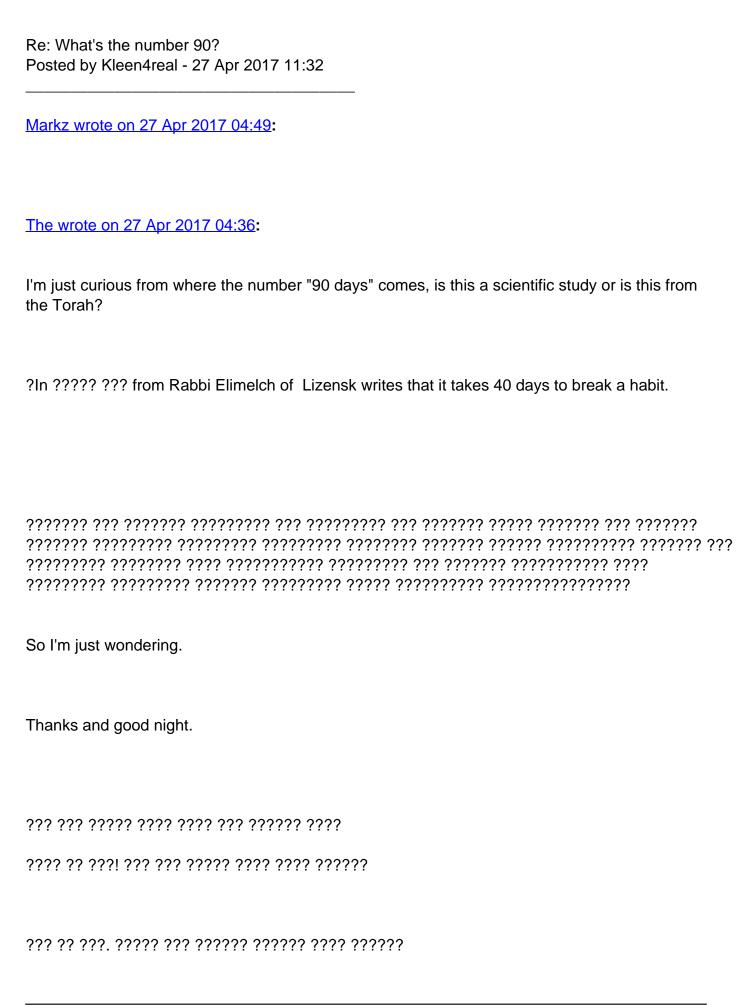
The wrote on 27 Apr 2017 04:36:

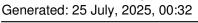
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So I'm just wondering. Thanks and good night. ??? ??? ????? ???? ???? ??? ????? ???? ???? ?? ???! ??? ??? ???? ???? ???? ????? ??? ?? ???? I hate trouble'ing people, but would it be at all possible to try stick to 1 thread and not create multiple new threads Simply post away on 1 thread ;-)





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Thanks Markz

But this didn't answer the question of the number "90"

your also more than welcome to join this with another thread.

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Re: What's the number 90?

Posted by GrowStrong - 27 Apr 2017 12:22

Kleen4real wrote on 27 Apr 2017 11:32:

Markz wrote on 27 Apr 2017 04:49:

The wrote on 27 Apr 2017 04:36:

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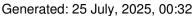
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## **GYE - Guard Your Eyes** Generated: 25 July, 2025, 00:32 Thanks much Re: What's the number 90? Posted by Hashem Help Me - 27 Apr 2017 20:38 30 days times 3 shmone esrehs a day equal 90 and thats when one can assume they said mashiv ho'ruach..... Not perfect because on Shabbos and Rosh Chodesh there is also mussaf. Dr Pelcowitz once spoke about this and said research shows after 90 times doing something there are actual changes in the brain. After all is said and done it's an attainable goal that many have BH done - but it must be one day at a time. Re: What's the number 90? Posted by Singularity - 28 Apr 2017 08:20 Hashem Help Me wrote on 27 Apr 2017 20:38: 30 days times 3 shmone esrehs a day equal 90 and thats when one can assume they said mashiv ho'ruach..... Not perfect because on Shabbos and Rosh Chodesh there is also mussaf. Dr Pelcowitz once spoke about this and said research shows after 90 times doing something there are actual changes in the brain. After all is said and done it's an attainable goal that many have BH done - but it must be one day at a time. I want to suggest that not just the performance (or lack) of an activity 90 times is entirely beneficial by itself.. there's a thing of being in a new way of thinking for an extended period of time. The "new" environment will influence you more than rattling off mashiv haruach 90 times in one day (where it's not so pashut to do and could actually make the safeik worse, how I remember the sugya).

As they say, time takes time.

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