

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.

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[The wrote on 27 Apr 2017 04:36:](#)

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Simply post away on 1 thread ;-)

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Re: What's the number 90?

Posted by Kleen4real - 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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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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It seems 90 days was originally an AA mantra, in recent years there were studies by Yale university which seemed to prove it in various ways.

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Re: What's the number 90?

Posted by Kleen4real - 27 Apr 2017 15:03

[GrowStrong wrote on 27 Apr 2017 12:22:](#)

[Kleen4real wrote on 27 Apr 2017 11:32:](#)

[Markz wrote on 27 Apr 2017 04:49:](#)

Maybe theres no steers since we are not trying to break a simple habit

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Thanks much

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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.

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Posted by Singularity - 28 Apr 2017 08:20

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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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