

learning material

Posted by yankeesrock - 07 Apr 2021 03:49

Hi Hope everyone had a great Paesach I was hoping someone in the chat would know of a safer that is specifically about looking at inappropriate things and masturbating, and describes the potential issurim one would violate and punishments one would receive and possible ways to stop your self (almost like the Chafetz Chiam on Lashon Harah but in this subject that I have a major problem in). I feel that if I learn about this topic it would help me control my urge and desire to some extent. Any suggestion would be greatly appreciated.

Thank You

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Re: learning material

Posted by Grant400 - 07 Apr 2021 03:57

I don't know your situation but most people need alot more than just that.

There is a safer called "Zos Brisi" in Hebrew or English about the issurim, and the book called "Battle of the Generation" (May be able to download for free and available on Amazon) discusses how to stop.

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Re: learning material

Posted by wilnevergiveup - 07 Apr 2021 04:37

You can also check out [The Fight](#) by Rabbi Bentzion Shafier as well as the [GYE handbook](#), both are excellent.

[Here](#) is the link for the free download of The Battle of the Generation.

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Re: learning material

Posted by EvedHashem1836 - 07 Apr 2021 09:49

I personally find the battle of the generation and the fight incredibly helpful but the fight is about a 45 min commitment so its harder for me to commit to listen to one whereas instead I read a chapter of the battle of the generation a night (usually about 3-10 pages) and find this very helpful. For me personally looking at a screen close to bed makes it harder for me to fall asleep not to mention I prefer holding a book in my hands so I ordered it on amazon

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Re: learning material

Posted by Captain - 11 Apr 2021 17:38

There's also a great book called iObserve that was translated by Rabbi Shalom Muskat that is written in the style you mentioned. You can get it from any sforim store.

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Re: learning material

Posted by WantsToGrow - 11 Apr 2021 18:29

i second that. its a great book. it is originally a sefer in Hebrew called "AleI Ayin" if that helps you. i highly recommend the English version though.

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