

Starting again today

Posted by Cholentfresser - 15 Feb 2011 12:13

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Hi,

Just wanted to let you know that I am starting again today. I really feel that with some help and encouragement and can go all the way. I joined GYE a while ago, BH it has helped a lot. I had been having issues with looking at soft p=rn, nothing worse BH and I really wanted to break free. GYE helped a lot, I went for 81 days, 63, and a few other good stretches but recently I have had some pretty bad falls. I felt bad but have got myself together again and am tentatively making the first steps again, PG b'hatzlacha.

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Re: Starting again today

Posted by ben durdayah - 15 Feb 2011 15:02

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Welcome Back!

B'hatzlacha

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Re: Starting again today

Posted by ZemirosShabbos - 15 Feb 2011 17:56

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amen!

keep on climbing up and up

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Re: Starting again today

Posted by Cholentfresser - 17 Feb 2011 14:02

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Thanks - just wanted to ask if anyone is aware of the material from [feedtherightwolf.com](http://feedtherightwolf.com), I have been using it and doing some of the suggested activities, just wanted to know if anyone has any experience of it.

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