Words that Can Change Your Life

תשע"ה כינוס תשובה · R.B.

1. **Hashem: My Biggest Fan**
* *Tiferes Shlomo* of Radomsk: He believes in me
1. **Teshuva: The Process of Change through Yamim Noraim**
* Six Stages of Change by James Prochaska
1. **Total Transformation?!?**
* *Mishnah* *Torah*, Rambam, Hilchot Teshuva 2:1
* *Talmud Avoda Zara 17a* story of Rabbi Elazar ben Durdaya
1. **שעה אחת: One turn… 1˚**
* Maggid of Mezritch
* Vienna or Budapest; Humans to Chimps
1. **Three areas of impact:**
* Gr”a on Yeshaya 1
	+ 1. בין אדם לחבירו
		2. בין אדם למקום
		3. המדות שלעצמו
1. **Focus on Speech**
* Yerushalmi Peah 1:1 – Impact of positive speech
* Two Halachot of Chafetz Chaim a day: Change your life

Gmar Tov

