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

