

SHLOM SCHNEIDERMAN
Lubovitch
770 Eastern Parkway
Brooklyn 13, N. Y.
HYacinth 3-9250

By the Grace of G-d
10th of Menachem Av
5714, Brooklyn, N.Y.

Sholem uBrocho:

I have received your letter in which you describe your habits which are not according to the Torah, as also your conduct etc.

It is surely unnecessary to emphasize that all this depends on yourself, and that you must make a determined effort to overcome your bad habits. At the same time you must never be discouraged if you find the going hard, and sometimes without success, for discouragement is one of the very tricks of the Yetzer-hora in order to weaken the fighting spirit of the Yetzer-toiv. It is one of the favorite and most effective weapons of the Yetzer-hora especially among young people. So never be discouraged and never think the battle lost, but keep on fighting, be on guard to overcome a bad habit as soon as it seems to tempt you.

For a 'tikun' I suggest you learn by heart a few kapitlech Tillim, a few Mishnayos, and after learning it well from the Tanya learn it also by heart the following: from kapitel 41 until page 112, second line - 'lifnei hamelech,' from time to time reflecting on the contents of it, and reciting by heart when you are not otherwise engaged in learning. This will help you in your battle to improve yourself, and G-d will help you. ~~too~~.

With blessing,

By S. H. Frank
Seely