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Master Your Words, Master Your Life

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Description
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Reviewer: Chana Nestlebaum

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Description

TAKE CHARGE.
Of your words.
And your life.
And see how happy and fulfilled you can become.

Speech is power. Our words have the power to heal or harm, to create connection or confrontation. By truly and deeply incorporating into our words the guidelines set by the Torah for avoiding negative, harmful speech, and replacing them with respectful, loving, and positive interactions - by following the laws of shmiras haloshon—we can change our relationships, and ourselves.

This remarkable book from the Chofetz Chaim Heritage Foundation shows us how. Each of these daily readings gives us a real-life question in shmiras haloshon, with a brief explanation of the relevant halachos showing how the Torah would want us to handle the scenario. We are given specific strategies for growth, and are asked piercing questions that help us to understand ourselves and the way we relate to others. We learn how to be more aware of our words, how to strengthen our love for others, speak out when it's necessary, see the good in others, forgive past hurts - all the skills we need to become better, and happier, people.

Whether you have long studied the laws of shmiras haloshon or are being introduced to them for the first time, these daily readings will change your words, and your life, as you harness the awesome power of your speech.

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