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Learning Resources from the ACTT Program

Ahavas Chesed - Loving Kindness

- Chofetz Chaim: Loving Kindness - Daily lessons in the power of giving” by Rabbi Fishel Schachter and Mrs. Chana Nestlebaum; Artscroll Mesorah; ISBN: 1-57819-746-5
- Kindness - Changing people's lives for the better by Rabbi Zelig Pliskin; ArtScroll / Shaar Press; ISBN: 1-57819-477-6
- Ahavath Chesed - The Laws of Charity and Loving Kindness by the Chofetz Chaim; Feldheim Publishers; ISBN: 0-87306-167-5
- “Tisha B’Av 2003: Shaping a World of Kindness” tape or CD with Rabbi Mattisyahu Salomon and Rabbi Yissocher Frand; Chofetz Chaim Heritage Foundation
- “Sefer Ahavas Chesed” tape or CD with Rabbi Fischel Schachter; Chofetz Chaim Heritage Foundation

Anger Management for Positive Results

- Anger: The Inner Teacher - A nine-step program to free yourself from anger by Rabbi Zelig Pliskin; Artscroll/Mesorah; ISBN: 1-57819-175-0
- Patience - Formulas, stories and insights by Rabbi Zelig Pliskin; Artscroll/Mesorah; ISBN: 1-57819-483-0
- Guard your Anger by Rabbi Moshe Goldberger; Targum Press/Feldheim; ISBN: 1-56871-183-2
- The Trail to Tranquility by Rabbi Lazer Brody; Llumina Press; ISBN: 1-59526-108-7

Bitachon - Trust in Hashem

- Chizuk! - A Primer on Bitachon, Coping, and Hope by Rabbi Eliezer Parkoff; Feldheim Publishers; ISBN: 1-59826-428-9
- The Garden of Emuna - A Practical Guide to Life by Rabbi Shalom Arush; Feldheim Publishers; ISBN: 1-59526-636-4
- You Can Learn Bitachon - Trust in G-d by Yeshiva Zichron Eliezer; Hamatik Printing
- Trust Me! - An Anthology of Emunah and Bitachon by Rabbi Eliezer Parkoff; Feldheim Publishers; ISBN: 1-58330-531-9
- Duties of the Heart - Chovos ha-Levavos (Volume 1 – Section 4: The Gate of Trust in G-d) by R. Bachya ben Joseph ibn Paquda, Translated by: Daniel Haberman; Feldheim Publishers; ISBN: 1-58330-432-0
- Faith & Trust (Emunah Ubitachon) by the Chazon Ish, Translated by Yaakov Goldstein; The Judaica Press; ISBN: 9789657452004
- Faith at Work – Building a Life of Bitachon tapes by Rabbi Ephraim Wachsmann; The Chofetz Chaim Heritage Foundation (CCHF), tel# 866-593-8399

Emes – Telling the Truth

- Chofetz Chaim: Lessons in Truth - Daily studies in honesty and fundamentals of Jewish faith by Rabbi Shimon Finkelman; ArtScroll / Mesorah; ISBN: 1578195969
- Orchot Tzaddikim: The Ways of the Tzaddikim: Gavriel Zaloshinsky (Editor), Shraga Silverstein (Editor); Feldheim Publishers; ISBN: 0873067355, volume 2, pages395-407

- Strive for Truth by Rabbi Eliyahu Eliezer Dessler; Feldheim Publishers; ISBN: 087306139X, volume 1, pages 165-203

Emunah – Faith in Hashem

- Living Emunah volume 2 – Achieving a life of serenity through faith by Rabbi David Ashear; ArtScroll / Mesorah Publishers; ISBN: 1-42261-660-6; (also see: www.dailyemunah.com)
- Living Emunah – Achieving a life of serenity through faith by Rabbi David Ashear; ArtScroll / Mesorah Publishers; ISBN: 1-42261-512-X; (also see: www.dailyemunah.com)
- Eternal Emunah - A Torah Perspective of Achieving and Living with Faith by Rabbi David Tzvi Eliach; ArtScroll / Mesorah Publishers; ISBN: 1-57819-381-8
- Emunah: A Refresher Course - A Step-by-Step Program to Increased Emunah by Rabbi Dovid Sapirman; Mosaica Press (Feldheim Publishers); ISBN: 1-93788-755-3
- Wellsprings of Faith by Rabbi Moshe Wolfson; Feldheim Publishers; ISBN: 1-58330-526-2
- Nefesh Shimshon: The Principles of Faith - Fundamentals of Jewish Belief in Hashem and Divine Providence by Rav Shimshon Dovid Pincus; Feldheim Publishers; ISBN: 1-59826-503-3
- Nefesh Shimshon: Living with Faith - Bringing Hashem Into Our Daily Lives by Rav Shimshon Dovid Pincus; Feldheim Publishers; ISBN: 1-59826-625-2
- Touched by Their Faith - Enlightening stories that boost your spirit and enhance your emunah by Rabbi Yechiel Spero; ArtScroll / Mesorah Publishers; ISBN: 1-42261-478-6
- Trust Me! - An Anthology of Emunah and Bitachon by Rabbi Eliezer Parkoff; Feldheim Publishers; ISBN: 1-58330-531-9
- The Garden of Emuna - A Practical Guide to Life by Rabbi Shalom Arush; Feldheim Publishers; ISBN: 1-59526-636-4
- Faith & Trust (Emunah Ubitachon) by the Chazon Ish, Translated by Yaakov Goldstein; The Judaica Press; ISBN: 9789657452004
- “Teshuva and Emunah in Troubled Times” (2 CD set) by Rabbi Yissocher Frand; Published by Yad Yechiel Institute (www.yadyechiel.org); available from www.artscroll.com, catalog# FS611D

Hakaras HaTov - Gratitude

- Let There Be Rain - A lesson a day on making Gratitude a part of our lives by Rabbi Shimon Finkelman and Rabbi Zechariah Wallerstein; ArtScroll Mesorah Publications; ISBN: 1-42261-518-9
- The Garden of Gratitude by Rabbi Shalom Arush, translated by Rabbi Lazer Brody; published by Chut Shel Chessed Institutions, distributed by Feldheim Publishers; ISBN: 9-65750-203-9
- Thank You - Gratitude: Formulas, stories and insights by Rabbi Zelig Pliskin; Artscroll/Mesorah; ISBN: 1-57819-065-7
- Duties of the Heart (Chovos HaLevavos) by R. Bachya ben Joseph Ibn Paquda; Translated from Arabic into Hebrew by R. Yehuda Ibn Tibbon; English translation by Daniel Haberman; Feldheim Publishers; ISBN: 0-87306-765-7 - Introduction to Section Three: The Gate of Serving G-d (Shaar Shlishi: Shaar Avodas HaElokim)
- The Hakaras HaTov Initiative: www.ohrnaava.com/hakarashatov/
- Audio shiurim on the Internet:
 - Gratitude by Rabbi Dovid Gottlieb at www.torahmedia.com
 - HaKaras HaTov: Recognizing the Good by Rabbi BenTzion Shafier at www.TheShmuz.com
 - Hakoros Hatov: Thanks and No Thanks by Rabbi Paysach Krohn at www.torahmedia.com
 - Koheles: Hakaras Hatov by Rabbi Moshe Eisemann at www.torahmedia.com
 - The Challenge of Appreciation by Rabbi Yochanan Zweig at www.torahmedia.com

Judging Favorably

- The Other Side Of The Story - Giving people the benefit of the doubt - stories and strategies by Yehudis Samet; Artscroll Mesorah; ISBN: 0899065198
- It Wasn't How It Seemed - Short stories about people who jumped to conclusions by Yehudis Samet; Artscroll Mesorah; ISBN: 1578194822
- Courtrooms of the Mind by Hanoch Teller; New York City Publishing Company; ISBN: 0961477245
- A Tzaddik in Our Time: The Life of Rabbi Aryeh Levin by Simcha Raz, Translator: Charles Wengrov; Feldheim Publishers; ISBN: 0873061306
- "Tisha B'Av 1999: A Positive Light: How judging with favor reshapes our world" audio tape with Rabbi Yissocher Frand; Chofetz Chaim Heritage Foundation
- "Tikkun Ha'Adam: Judging Others Favorably" shiurim by Rav Moshe Weinberger in MP3 audio format downloadable from the Aish Kodesh Institute web site: www.aishkodesh.org

Kavanah During Davening - Concentration During Prayers

- Praying with Meaning - Connecting to Hashem through Tefillah by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1422616460
- Yearning With Fire - Longing for the Geulah and Enhancing your Life in the Process by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1422609960
- Praying With Fire - Igniting the Power of Your Tefillah - A 5-Minute Lesson-A-Day by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1422600157
- Praying With Fire 2 - Igniting the Power of Your Tefillah - A 5-Minute Lesson-A-Day by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1422608557
- Touched by a Prayer - Stories and insights to transform the way you pray by Rabbi Yechiel Spero; Artscroll/Mesorah; ISBN: 1422605434
- Touched by a Prayer 2 - Inspiring stories and insights to transform the way you pray by Rabbi Yechiel Spero; Artscroll/Mesorah; ISBN: 1422608786
- Twerski on Prayer by Rabbi Abraham J. Twerski; Shaar Press; ISBN: 1578196728
- Inner Peace: Achieving Self-Esteem through Prayer by Rabbi Yisroel Roll; Targum Press; ISBN: 1568711891
- Pathway to Prayer, A Translation and Explanation of the Shemoneh Esray by Rabbi Mayer Birnbaum; distributed by Feldheim Publishers; ISBN: 1583301097
- Rav Schwab on Prayer - The Great Rav's Teachings on the Siddur by Rabbi Shimon Schwab; Artscroll/Mesorah; ISBN: 1578195128
- The Art of Jewish Prayer by Rabbi Yitzchok Kirzner with Lisa Aiken; Judaica Press; ISBN: 188058283X
- Touched By A Prayer by Rabbi Yechiel Spero; Artscroll/Mesorah; ISBN: 1422605434
- "Change the Way you Daven" tape series, released by the Project Awareness organization; P.O. Box 753, Monsey, NY 10952; (845) 362-8000 x106, fax: (845) 362-8008
- נתיב בינה מעת הרב יששכר יעקבסון: הוצאת ספרים "סיני" תל-אביב

Kiddush Hashem - Sanctification of G-d's Name

- Living Kiddush Hashem - Sanctifying Hashem in everything we do by Rabbi Shraga Freedman; Artscroll/Mesorah; ISBN: 1-42261-487-5

Shmiras HaLashon - Guarding One's Tongue

- Positive Word Power - Building a better world with the words you speak by The Chofetz Chaim Heritage Foundation; Artscroll/Mesorah; ISBN: 1-42260-916-2
- Chofetz Chaim: A Daily Companion - The concepts and laws of proper speech as formulated by Sefer Chofetz Chaim by Michael Rothschild with Rabbi Shimon Finkelman; Artscroll/Mesorah; ISBN: 1-57819-457-1
- Chofetz Chaim: A Lesson A Day - The concepts and laws of proper speech arranged for daily study by Rabbi Shimon Finkelman and Rabbi Yitzchak Berkowitz; Artscroll/Mesorah; ISBN: 0-89906-321-7
- Chofetz Chaim: The Family Lesson A Day by Rabbi Shimon Finkelman; ArtScroll Mesorah Publications; ISBN: 142260960X
- Guard Your Tongue – A Practical Guide to the Laws of Lashon Hara based on the Chofetz Chaim by Rabbi Zelig Pliskin; Gross Brothers Printing Co.
- Apples of Gold: The Art of Pure Speech by Rabbi David Bernstein; Torah Umesorah Publications in conjunction with Discovery Books; ISBN: 0-914131-91-5
- Gossip: Ten Pathways To Eliminate It From Your Life And Transform Your Soul by Lori Palatnik with Bob Burg; Simcha Press; ISBN: 0757300553
- The Chofetz Chaim Heritage Foundation's web site on the Power of Speech: www.powerofspeech.org
- For additional books, tapes, and other material on Shmiras HaLashon see The Chofetz Chaim Heritage Foundation (CCHF) catalog – call CCHF, www.chofetzchaimusa.org, at 866-593-8399

Simchah - Happiness

- Happiness - Formulas, stories, and insights by Rabbi Zelig Pliskin; ArtScroll Mesorah Publications; ISBN: 1578194547
- Living Simchah - Finding the joy in everything by Rabbi Hadar Margolin; ArtScroll Mesorah Publications; ISBN: 1422619141
- Simchah - It's Not Just Happiness by Rabbi Abraham J. Twerski; ArtScroll Shaar Press; ISBN: 1422602184

Slichah - Forgiveness

- Forgiveness - Don't Let Resentment Keep You Captive by Rabbi Abraham J. Twerski; ArtScroll Shaar Press; ISBN: 1422612031

The Six Constant Mitzvos

- The Six Constant Mitzvos – Based on a Series of Lectures by Rabbi Yitzchok Berkowitz by Rabbi Yehuda Heimowitz and Rabbi Shai Markowitz; Artscroll/Mesorah; ISBN: 142260926X
- The Six Constant Mitzvos – 6 CD Set by Rabbi Yitzchok Berkowitz; Artscroll Catalog #: SIXCD
- The Six Constant Mitzvos – Audio MP3 by Rabbi Yitzchok Berkowitz; Artscroll Catalog #: SIXMP
- The 6 Constant Mitzvos web site: www.thesixconstantmitzvos.com
- The Six Constant Mitzvahs articles by Rabbi Noah Weinberg on the Aish.com web site, www.aish.com/jl/m/cm:
 - #1 – Know There is a G-d, www.aish.com/jl/m/cm/48971891.html
 - #2 – Don't Believe in Any Other Power, www.aish.com/sp/f/48970541.html
 - #3 – G-d Is One, www.aish.com/sp/f/48970166.html
 - #4 – Love G-d, www.aish.com/sp/f/48969231.html
 - #5 – Fear G-d, www.aish.com/sp/f/48964236.html

- #6 – Don't Be Misled By Your Heart and Eyes, www.aish.com/sp/f/48962296.html
- 6 Constant Mitzvos – A Young Child's Guide to Faith and Belief by Rabbi Mordecai Plaut; Feldheim Publishers; ISBN: 1598264362

Zerizus - Acting With Zeal & Alacrity

- Taking Action - The joyful art of zerizus by Rabbi Zelig Pliskin; ArtScroll Mesorah Publications; ISBN: 1422608301

