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## Learning Resources from the ACTT Program

### **GENERAL RESOURCES**

- Life In The Balance - Torah Perspectives on Positive Psychology by Dr. David Pelcovitz and Rabbi Raphael Pelcovitz; ArtScroll Mesorah Publications; ISBN: 1-42261-521-9
- Changes That Last Forever by Rabbi Pinchas Winston; Feldheim Publishers; ISBN: 0-96980-322-2;
- Growth Through Tehillim: Exploring Psalms for Life Transforming Thoughts by Rabbi Zelig Pliskin; Artscroll Mesorah; ISBN: 1-57819-402-4;
- Thirty Days to Teshuva: A mussar guide based on Ohr Yisrael by Rabbi Zvi Miller; Targum Press; ISBN: 1-56871-367- 3;
- Inspiring Change - Torah Lessons on Expressing Your Innate Potential by Aba Wagensberg; Distributed by Feldheim; ISBN: 978-1-59826-804-1;
- How Can I Change For Heaven's Sake? - A Practical 10-Step Plan to Improve the ABC's (Attitude, Behavior, and Character) of Your Life by Rabbi Doniel Frank; Feldheim Publishers; ISBN: 1-59826-595-8
- Aish HaTorah web site's "Growing Each Day" by Rabbi Abraham J. Twerski at: [www.aish.com/spirituality/growing/](http://www.aish.com/spirituality/growing/);
- Aish HaTorah web site's "Pliskin's Daily Lift" by Rabbi Zelig Pliskin at: [www.aish.com/spirituality/dailylift/](http://www.aish.com/spirituality/dailylift/);
- TheShmuz, Rabbi B. Shafier of Tiferes Bnei Torah, web site: [www.TheShmuz.com](http://www.TheShmuz.com)
- For books, CDs, mp3s, and other material on several topics see The Chofetz Chaim Heritage Foundation (CCHF) catalog, <https://powerofspeech.org/shop/>, or call 845-352-3505
- Aish Audio website: [www.aishaudio.com](http://www.aishaudio.com)
- Torah Anytime website: [www.torahanytime.com](http://www.torahanytime.com)

### **MODULE RESOURCES**

#### Ahavas Chesed - Loving Kindness

- The Glittering World of Chesed - Stories, insights and guidance on sensitivity and concern by Rabbi Paysach Krohn; Artscroll Mesorah; ISBN: 1-42262-252-5
- 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

#### 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

- A Daily Dose of Bitachon - Filling your day with trust and reliance on Hashem by Rabbi David Sutton; Artscroll/Mesorah; ISBN: 1-42263-215-6
- A Life of Bitachon – Stories and insights - connecting with Hashem through faith and trust by Rabbi Yitzchak Dwek; Artscroll/Mesorah; ISBN: 1-42261-939-7
- 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 CDs by Rabbi Ephraim Wachsmann; The Chofetz Chaim Heritage Foundation (CCHF): <https://powerofspeech.org/shop>, tel# 845.352.3505

### 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, pages 395-407
- 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: <https://livingemunah.com/>)
- Living Emunah – Achieving a life of serenity through faith by Rabbi David Ashear; ArtScroll / Mesorah Publishers; ISBN: 1-42261-512-X; (also see: <https://livingemunah.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](http://www.yadyechiel.org)); available from [www.artscroll.com](http://www.artscroll.com), catalog# FS611D
- Ani Maamin Foundation website: [www.animaamin.org](http://www.animaamin.org)

#### Hakaras HaTov - Gratitude

- The Garden of Miracles - Say "Thank You" and See Miracles: 190 True Stories about the Power of Gratitude by Rabbi Shalom Arush, translated by Rabbi Lazer Brody; published by Chut Shel Chessed Institutions; ISBN: 9-65926-130-6
- 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/](http://www.ohrnaava.com/hakarashatov/)

#### 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

#### 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
- Praying with Passion website: [www.prayingwithfire.org](http://www.prayingwithfire.org)

#### Kiddush Hashem - Sanctification of G-d's Name

- A Life Worth Living - Stories and Ideas for Constant Kiddush Hashem by Rabbi Shraga Freedman; Artscroll/Mesorah; ISBN: 1-42262-276-2
- Living Kiddush Hashem - Sanctifying Hashem in everything we do by Rabbi Shraga Freedman; Artscroll/Mesorah; ISBN: 1-42261-487-5
- Living Kiddush Hashem website: <https://livingkiddushhashem.com/>

#### Shalom - Peace

- Live The Blessing – Daily wisdom on how to live in peace with family friends and yourself by The Chofetz Chaim Heritage Foundation; Artscroll/Mesorah; ISBN: 1-42262-650-4

#### 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](http://www.powerofspeech.org)
- For additional books, CDs, mp3s, and other material on Shmiras HaLashon see The Chofetz Chaim Heritage Foundation (CCHF) catalog, <https://powerofspeech.org/shop/product-category/books>, or call 845-352-3505

#### 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

- Constant Connection – Deepening your emunah through the Six Constant Mitzvos by Rabbi Yitzchak Coopersmith; Artscroll/Mesorah; ISBN: 1422618153
- 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](http://www.thesixconstantmitzvos.com)
- The Six Constant Mitzvahs articles by Rabbi Noah Weinberg on the [Aish.com](http://Aish.com) web site, [www.aish.com/jl/m/cm](http://www.aish.com/jl/m/cm):
  - #1 – Know There is a G-d, [www.aish.com/jl/m/cm/48971891.html](http://www.aish.com/jl/m/cm/48971891.html)
  - #2 – Don't Believe in Any Other Power, [www.aish.com/sp/f/48970541.html](http://www.aish.com/sp/f/48970541.html)
  - #3 – G-d Is One, [www.aish.com/sp/f/48970166.html](http://www.aish.com/sp/f/48970166.html)
  - #4 – Love G-d, [www.aish.com/sp/f/48969231.html](http://www.aish.com/sp/f/48969231.html)
  - #5 – Fear G-d, [www.aish.com/sp/f/48964236.html](http://www.aish.com/sp/f/48964236.html)
  - #6 – Don't Be Misled By Your Heart and Eyes, [www.aish.com/sp/f/48962296.html](http://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