



Young Israel of Bal Harbour The Dose

Tuesday, December 2, Kislev 10, 5775

**Sponsored by:
Louis and Manette Mayberg and Family**

We live in a generation sometimes dubbed the Prozac generation. We have seen a climb from mild over the counter drugs like Mylanta, Maalox, and Tums to the prescription strength drugs of Zantac, Pepcid, and Prilosec. All are for the treatment of ulcers, due in part to mounting pressures. More and more people today resort to anti-anxiety drugs, Valium, Xanax and the like to cope with the tremendous stress of the present day Urban America. While we thank G-d for the gift of these drugs and for the doctors who know when and how to prescribe them. It is indicative of the tremendous stress and yes sometimes feelings of emptiness and frustration that we feel in our lives. Certainly a healthy antidote to this is to live life on a higher plane. When you have a true spiritual connection to G-d and Torah that can go a long way in relieving the stress and tension which is so much a part of life in the 21st century.

*Sefer: Passionate Judaism
Rav Moshe Weiss*

Wishing you a great and inspiring day!

Rabbi Moshe Gruenstein