

We help harness one of the world's most powerful and volatile resources:

Speech

Chofetz  Chaim
Heritage Foundation
Catalog

T O O L S

B O O K S

D V D S

L E C T U R E S

P R O J E C T S

The power of speech is one of the world's most precious resources.

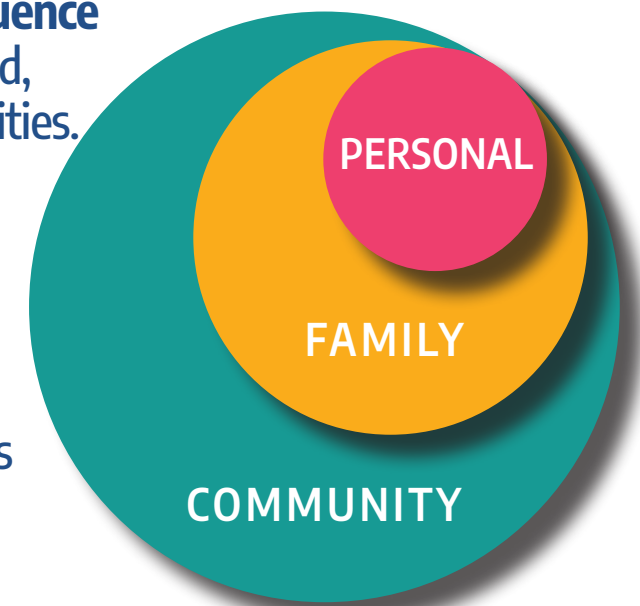


But with its incredible power comes danger as well. Only by harnessing it with care can we reap its abundant benefits. The Torah's laws of speech teach us how to ensure that our power of speech is a positive power, uplifting ourselves, our families and the world.

Goodbye, gossip. Hello, happiness.

Join tens of thousands of people around the world who are transforming their lives with the power of compassionate speech.

Our speech and actions influence three worlds: Our inner world, our families and our communities. Whether you're seeking personal growth, inspiration for your family or an uplifting community initiative, the Chofetz Chaim Heritage Foundation has the right tools for you.



PERSONAL	FAMILY	COMMUNITY
Learn for 5 minutes a day...pg 8	Enrich your Shabbos Table pg 16	Start a Machsom L'fi.....pg 20
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What we do at CCHF.

Inspiring 100,000 people a week.

School Programs

Bidrachov
Elementary School Division
OVER 31,000 STUDENTS

Mishmeres
Girls High School Division
OVER 15,000 STUDENTS

Bidrachov E.Y.
Eretz Yisrael Girls' High School Division
OVER 11,000 STUDENTS

Personal Growth

Shmiras Haloshon Yomi
Daily Learning Programs
OVER 10,000 PARTICIPANTS

Tiferes
Women's Groups
OVER 3,000 MEMBERS

Achoseinu
Friday Night Girls' Groups
OVER 5,000 MEMBERS

Shabbos M'achsom L'Fi
Family Project
OVER 5,400 PARTICIPANTS

Learning Options

Books
Daily Learning OVER 500,000 IN PRINT

Website powerofspeech.org
Videos Articles Lectures

Inspiration! app
Audio Classes

Email Subscriptions
Daily Learning by email OVER 20,000 SENT DAILY

"Shabbos Menu" Newsletter
Weekly Newsletter for the Shabbos Table OVER 5,500 SUBSCRIBERS

"Impressions" Newsletter
Advice and Inspiration for teachers 116 SCHOOLS

CD Binders
World-renowned speakers OVER 100 TITLES

SPECIAL School Programs

Tiki
Anti-Bullying program
OVER 11,500 STUDENTS

LunchBreak
Worldwide M'achsom L'fi for H.S. Girls
OVER 53,000 STUDENTS

Kamocho
Anti-Bullying Campaign
OVER 8,000 STUDENTS

Initiative Video
School Middos Program
OVER 10,000 STUDENTS

Phone Lines

Chazak
Inspiration and Advice for Adults
OVER 9,000 DAILY CALLS

WonderWords
Inspiring stories for Children
OVER 10,000 DAILY CALLS

Tic Talk
Hotline for Teen Girls
OVER 7,000 DAILY CALLS

Events

Tiferes
Inspiration for Mothers
OVER 1,000 WEEKLY CALLS

Shaila Hotline
Poskim Answer Shailos Nightly
OVER A DOZEN CALLS A DAY

Tisha B'Av
World-wide Event
OVER 50,000 ATTENDEES

Teshuva Drosha
Erev Yom Kippur Conference Call
OVER 40,000 LISTENERS

Convention
Shabbos of Inspiration in Connecticut
850 ATTENDEES

CCHF Tour
Schools visit CCHF Headquarters
1,000 ATTENDEES

Mishmeres Convention
Nationwide Convention for Leaders
120 LEADERS

Shabbos of Inspiration
Community-wide Shul Initiative
54 SHULS



מבשר על כל אדם לאומרו את כל אשר הורשו ישראליהם כמובן... לשובך ברוך לנסות במוצאי שבת
Praising another Jew is part of the obligation of every Jew.

The **10** benefits of Compassionate Speech

YOU PLACE YOURSELF

under Hashem's protection.

YOU MAXIMIZE

the effectiveness of your tefillos and learning.

YOU LIVE IN HARMONY

with people and are trusted by friends and family.

YOU RETAIN

your self respect.

YOU CREATE

defenders in Heaven who will invoke compassion for you.

YOU USE YOUR POWER

to emulate Hashem by bringing compassion and kindness to the world.

YOU AQUIRE

the great brochos of Shmiras Haloshon.

SUCCESS

at Shmiras Haloshon creates success at other interpersonal mitzvos.

YOU HELP REBUILD

the Bais Hamikdash.

YOU BUILD

a beautiful Olam Habah for yourself by restraining from loshon hora.

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We invite you to share a journey of discovery, to sample the Torah's simple yet profound ideas that enrich every aspect of human relations, designed to fit into the corners of your busy life. Choose one of our learning tools and watch it work as it reveals the greatness within you.

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Chofetz Chaim Heritage Foundation Catalog

THE ZICHRON YAAKOV ZVI CENTER FOR THE TEACHINGS OF THE CHOFETZ CHAIM

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www.powerofspeech.org

Questions? info@powerofspeech.org

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L'zecher Nishmas Yaakov Tzvi ben Rav Menachem Z"l

Refuos V'Yeshuous L'chol Cholei Yisrael

As a z'chus for Refuos and Shidduchim for Klal Yisrael

DEDICATED BY MR. & MRS. FLAUMENHAFT

L'iyu nishmas Zissel Sara bas Chanoch Zundel a"h

In memory of

Chana Baila bas Rephael Nosson a"h & Eliezer Shmuel ben Tzvi z"l Abberbock,
Esther Faigel bas Yehuda Leib a"h & Avrohom ben Yissacher Dov Halevi z"l Birnbaum

DEDICATED BY DR & MRS GARY ABBERBOCK

SHMIRAS HALOSHON YOMI

Start your day feeling in control of your speech— and your life by learning 2 *halachos* of *Shmiras Haloshon* daily.



"There is no family in the world who studies the laws of *Shmiras Haloshon* who has not seen some form of *yeshuah* in their lives."

HaRav Yehuda Zev Segal, zt"l, the Manchester Rosh Yeshivah

IN 3-5 MINUTES
EACH DAY, YOU'LL

Make it easier to keep your speech positive.



Gather infinite *zechusim* for yourself and your family.



Earn the *brachos* of compassion-driven speech.



Get clarity on what you may, must and can't say.



"Thank you for the daily learning books that are transforming our lives. A few of the men were so attached to the teachings that they were allowed to take the books with them upon release. This way they can use them to guide their speech in the future."

Aron, Federal Corrections Unit, Dallas, TX

"Shmiras Haloshon Yomi has enhanced my marriage, the quality of my home environment, added to my self-respect, my respect for my spouse and the respect others have for me."

H. L., Edison, NJ

"Shmiras Haloshon Yomi changed my student's life. As soon as we learned the rules of *to'eles*, she realized that it was not *loshon hora* to share with me information about a difficult situation that needed immediate attention. Thank you for teaching not only what one should not say—but what one *should say*, and for saving a child from bearing such a heavy burden in silence. *Tizku l'mitzvos!*"

A very grateful sixth-grade *morah*

SIGN UP
receive a daily Shmiras Haloshon WhatsApp quote.
Message
"sign me up" to
732.233.3671

Shmiras Haloshon Yomi unlocks the door to a life of harmony, positive relationships with others and unity within the Jewish people.

BY BOOK



Check pages 10-12 to find the book that works best for you.

Over 500,000 books in print | 5 book choices

BY EMAIL

Never miss a day!
Get the daily *halachah* in your inbox FREE.

4 email options
Sign up at powerofspeech.org/daily-learning

BY HOTLINE

Dial in to better speech
Daily *halachos* by dynamic speakers

Dial 718-298-2055, option 1
Featuring Rabbi Ephraim E. Shapiro
or Rabbi Yitzchok Berkowitz



BY APP

Learn wherever you are, via the free Chofetz Chaim Heritage Foundation *Inspiration!* app.

Shmiras Haloshon:
Daily learning books

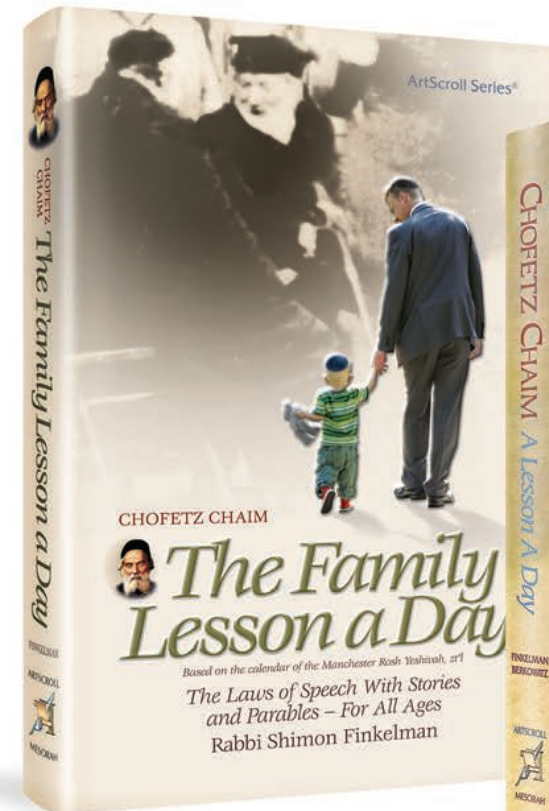
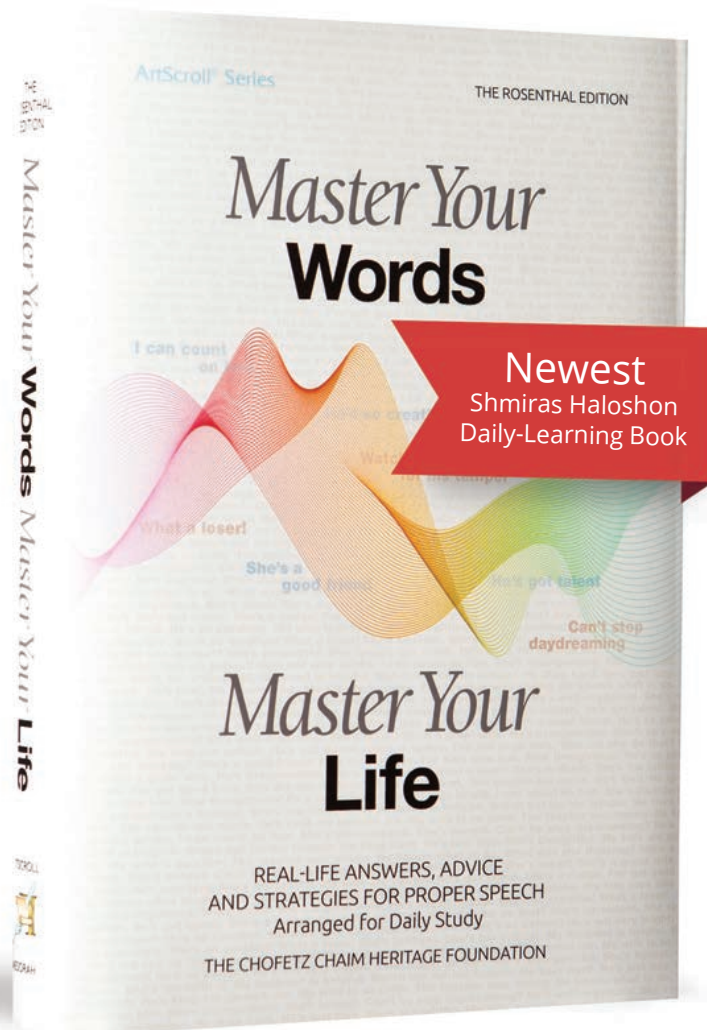
BETTER YOUR SPEECH IN UNDER 5 MINUTES DAILY

"I learn this book with my wife every day. The *halachah*, insights, and quotes are presented with focus and clarity. The self-growth questions encourage real change."

Rabbi R., a *rosh mesivta*,
Brooklyn, NY

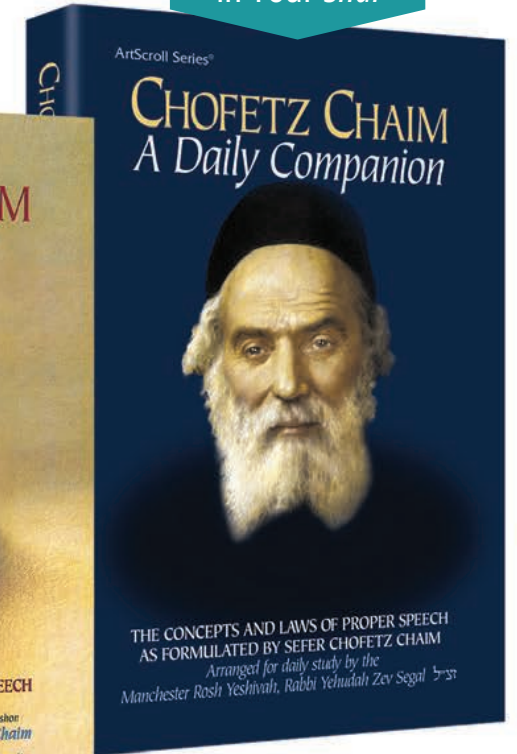
The question-and-answer format is so engaging. It has brought a new awareness to me and my family."

Shiffy G., Chicago, IL



The Book that Launched the Revolution
100,000 in Print

Start a *Halachah Shiur* in Your Shul



THE FAMILY LESSON A DAY

Spark friendlier, positive conversations at home by making positive speech a family project.

- Daily learning for both children and adults
- Includes insights, stories and parables
- Inspire growth + change in a 4-month learning cycle

BFAM	Full-size	\$22.99
BFAP	Pocket-size	\$14.99

CHOFETZ CHAIM: A LESSON A DAY

Understand the *halachos* clearly, and feel empowered to implement them with a potent blend of *halachah* + *hashkafah*:

- Methodical *halachic* breakdown by Rabbi Yitzchok Berkowitz
- Based on *sefer Chofetz Chaim*, with *Sefer Shmiras Haloshon* elucidated by Rabbi Shimon Finkelman
- 5-minute daily segments over a 6-month learning cycle

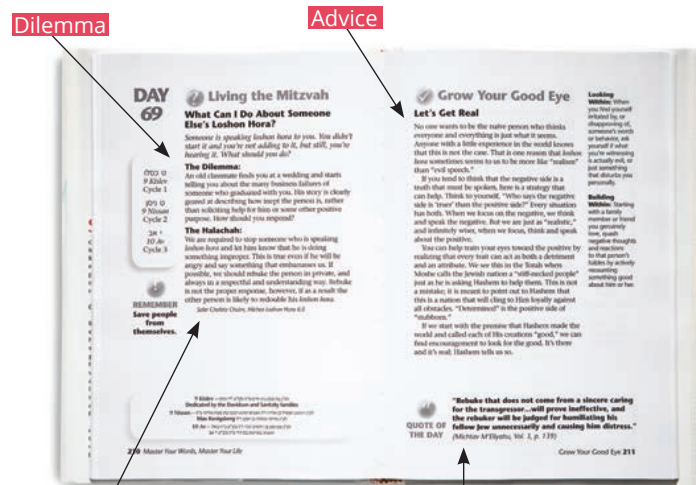
B104	Full-size	\$22.99
B106	Pocket-size (2 vols.)	\$23.99

CHOFETZ CHAIM: A DAILY COMPANION

Tap into **Rav Segal's** recipe for *yeshuos* by learning 2 *halachos* daily using his **SHY 4-month calendar cycle**.

- Adapted from *Sefer Chofetz Chaim*
- Special section on *shidduchim*

BCBH	Full-size	\$22.99
BCDP	Pocket-size	\$14.99



MASTER YOUR WORDS MASTER YOUR LIFE

Find out how to move *shmiras haloshon* from your head to your heart, and ultimately, to your life.

- Discover the answers to your everyday *shmiras haloshon* dilemmas
- Learn how to build the personality traits that fuel positive words
- Inspire growth + change in a 4-month learning cycle

B139	Full-size	\$22.99
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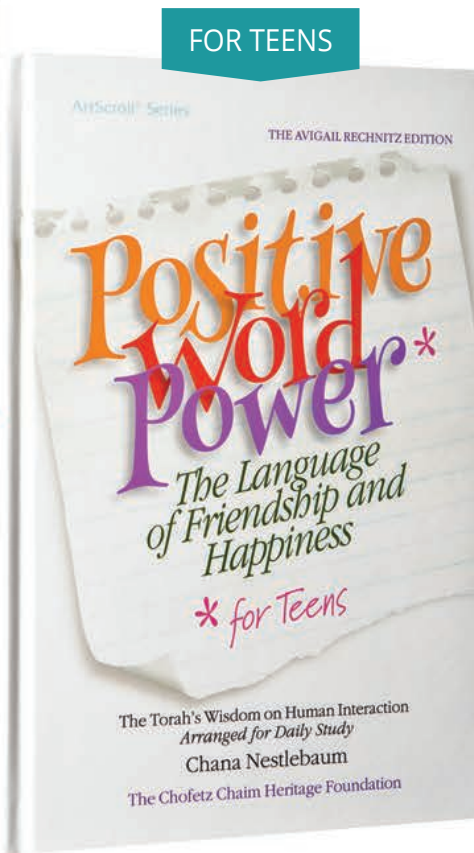
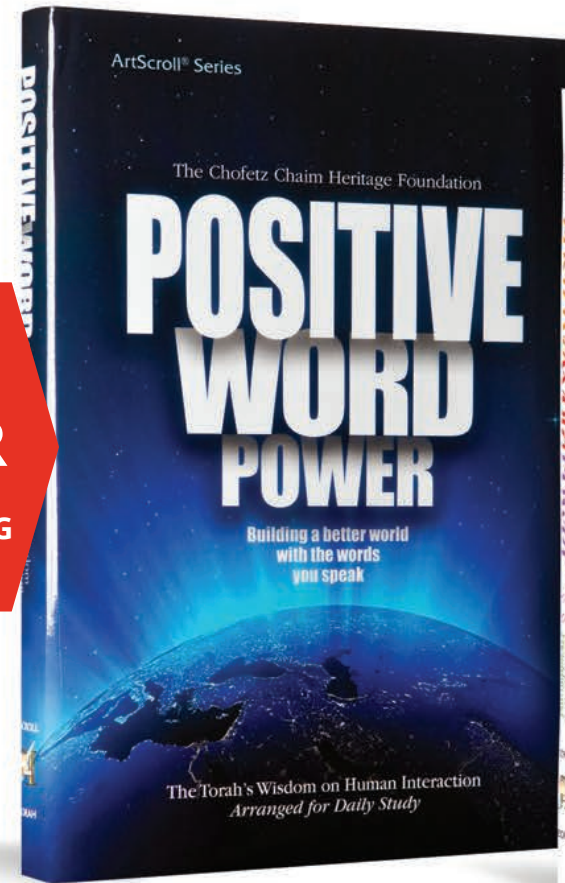
"A fixed time for learning the laws and *mussar* of Shmiras Haloshon each day is the primary way to succeed at Shmiras Haloshon."

דעיקר השמירה שיהיה לו עת קבוע בכל יום ללמוד ההלכות והמוסר

Chofetz Chaim, *Chovos HaShmirah*, Chapter 3

MAKE POSITIVE SPEECH EASIER TO ACCOMPLISH

★★★★★
BEST SELLER
NOW IN ITS
5TH PRINTING
★★★★★



In Hebrew




In Hebrew

AL KOL REGA

Gain powerful insight into the reward, punishment, meaning, and strategies of proper speech—through the lens of the Chofetz Chaim and Chazal's insight over the ages.

Fascinating. Incredibly empowering. This book will change the way you think about speech, and super-charge what you accomplish with yours.

B141	Full-size	\$9.99
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"I beg everyone listening to my voice to join the many thousands who learn a few *halachos* every day in *Sefer Chofetz Chaim*. Learning the *halachos* every single day is the best way to remind us to think before we speak. This way we will be *zocheh* to the *Geulah*."
HaRav Avraham Pam zt"l

People tell me I'm so much easier to schmooze with!

"I never realized how negatively I used to speak. I was cynical and sharp—at other people's expense. Learning *Positive Word Power* made me aware of the negative vibes I was giving over, and how I was pulling people down.

Leah N., Brooklyn, NY

POSITIVE WORD POWER

Nurture love, create friendship, and build personal + career success by investing in your most powerful asset—effective communication.

Each daily segment features:

- Fun, realistic examples
- Easy-to-implement growth strategies
- Thought-provoking discussion
- Inspire growth + change in a 4-month learning cycle

BPOW	Full-size	\$22.99
B113	Pocket-size	\$14.99

POSITIVE WORD POWER FOR TEENS

Paint your world full of love, friendship, and and positivity through the words you say, and become the person with whom everybody loves to talk.

Each lesson features fun scenarios, practical techniques, and thought-provoking ideas on topics like:

- How can I deal kindly with someone who annoys me?
- What if someone is not my type?
- How should I express anger?
- Inspire growth + change in a 4-month learning cycle

B116	Full-size	\$22.99
B133	Pocket-size	\$14.99



In Hebrew

SEFER CHOFETZ CHAIM WITH COMMENTARY

Sefer Chofetz Chaim with insights and explanations by Torah giants, HaRav Hillel Zaks, zt"l, HaRav Avrohom Ganochofsky, zt"l, and ybl"c, HaRav Elya Ber Wachtfogel, *shlita*. Learn *hilchos loshon hora* and *rechilus* in greater depth, and gain a deeper understanding of the *sugyas* pertaining to *shmiras haloshon*.

B142	Full-size	\$14.99
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SEFER CHOFETZ CHAIM / SEFER SHMIRAS HALOSHON

Learn *halachah* and *hashkafah Shmiras Haloshon* in the Chofetz Chaim's own words, from the original *Sefer Chofetz Chaim* and *Sefer Shmiras Haloshon*, along with his promise for life.

Beautiful layout and clear, easy-to-read fonts, divided according to Rav Segal's *shmiras haloshon* calendar.

B100	Full-size	\$9.99
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REAL WORLD STRATEGIES FOR PERSONAL GROWTH

"The book Loving Kindness has completely transformed the way I view *chessed* opportunities that come my way. Thank you for enriching my life!"

S.K., Brooklyn, NY

40 DAYS TO BETTER RELATIONSHIPS



CHOFETZ CHAIM: LESSONS IN TRUTH

Fight back to retain your integrity in a world where dishonesty, immorality and atheism have blurred boundaries of truth.

- Daily 5-minute lessons in honesty, sincerity and faith
- Fascinating stories & practical strategies
- Includes the Chofetz Chaim's moving letters

BLIT	Full-size	\$22.99
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CHOFETZ CHAIM: LOVING KINDNESS

Experience the joy of giving so that *chessed* isn't a chore, it's a passion.

- Add new meaning to everyday acts of kindness
- Inspiration, motivation and practical strategies to make giving effortless + constant

BLK	Full-size	\$22.99
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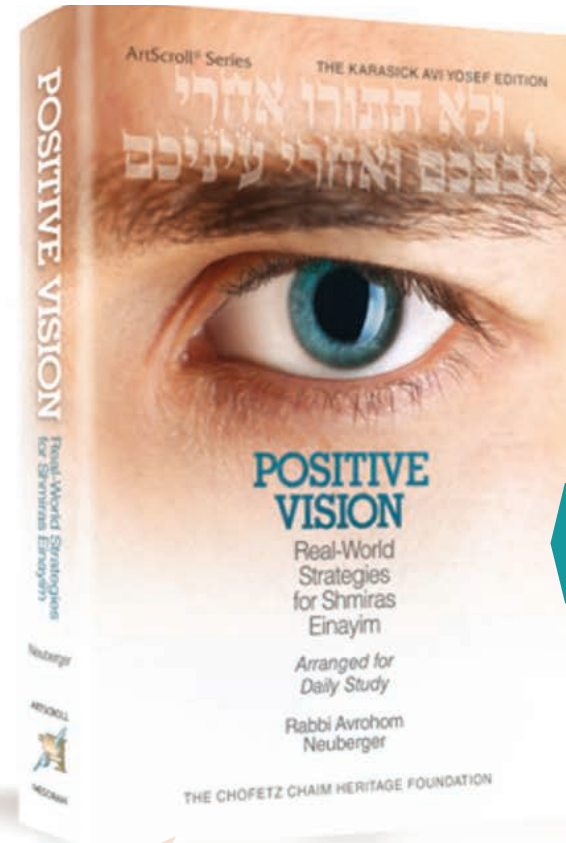
THE AHAVAS YISRAEL PROJECT

It doesn't have to be difficult to get along with everyone.

Upgrade your relationships so you experience peace, joy and friendship using a simple, strategic step-by-step approach.

Because it takes only 40 days to establish change that lasts...once you know how.

B112	Full-size	\$19.99
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POSITIVE VISION

Bring *kedushah* and joy back into your life with an effective way to win the *shmiras einayim* battle— even in with the challenges of today's world.

Short. Illuminating. Practical. Often funny, and always right on target.

B135	Full-size	\$22.99
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90 daily lessons

Mechanchim recommend for yeshiva bochurim

"I learn *Positive Vision* with my students every day, and I'm consistently amazed. It takes a topic that usually makes people feel guilty and deflated, and somehow, it's so positive and encouraging that it uplifts us. Instead of feeling bad about ourselves, we get hope and encouragement to change, along with practical advice to implement immediately."

Rabbi G., *menahel mesivta*, Midwest

ANA YADA

40 short chapters culled from the words of *Chazal* and contemporary Torah luminaries. These pearls of wisdom on *kedushah* and *shmiras einayim* are a guide and an inspiration for overcoming one of the greatest challenges of our time.

With approbations from *Gedolei Roshei Yeshiva*

B136	Full-size	\$9.99
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In Hebrew

ORDER CHOFETZ CHAIM HERITAGE FOUNDATION
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SHABBOS TABLE MACHSOM L'FI

The Shabbos Table Machsom L'Fi unites family members in an effort to avoid *loshon hora* and *ona'as devarim* during the Shabbos meal.

HOW WILL MY FAMILY GAIN?

Here's some of what 5,545 families have seen happen once they joined the Shabbos Table Machsom L'Fi:

- "Shabbos feels so much more spiritual in our home now that we keep the Shabbos Table Machsom L'Fi."
- "Our family became a stronger unit through working together on our spiritual growth."
- "The children are more respectful and tolerant of each other and of us, their parents."
- "We've seen *yeshuos* and incredible *siyata diShmaya* since we started being more careful with how we speak."
- "Our Shabbos table became a safe haven where everyone feels uplifted."
- "Our children are learning how to see people in a positive light — even when they're different, awkward, or far from perfect."

Keep our Shabbos table beautiful by keeping it *loshon hora*-free.

Shmiras Haloshon is a great protection for your family, "One who guards his mouth and tongue guards his soul from troubles."

Mishlei 21:23

FREE KIT INCLUDES

Beautiful laminated TABLE CARD reminder

WEEKLY EMAIL NEWSLETTER with intriguing stories, discussions, *halachah* and more.

Shabbos Menu is now available in Spanish
Sign up at powerofspeech.org/shabbos-spanish

Sponsor a week of Shabbos Menu.
Call 845.352.3505 ext 113



3 SIMPLE STEPS

1

Say the *tefillah* written by the Chofetz Chaim asking Hashem for help with *Shmiras Haloshon*.

2

Recite the *kabbalah*, accepting *bli neder* to be extra careful in *Shmiras Haloshon* during your Shabbos meal as a *zechus* for someone in need.

3

Learn a *halachah* of *Shmiras Haloshon* at each Shabbos meal from the *Shabbos Menu* newsletter or one of our *sefarim*.
See pages 10-15 for book options.

SIGN UP TODAY

TEXT SHABBOS to 313131
CALL: 845.352.3505 EXT 148
VISIT: powerofspeech.org/shabbos

HOTLINES

MORE THAN 25,000 CALLS RECEIVED A DAY!



Chazak Inspiration Line

Guidance for Growth • Personal Stories
• *Chizuk* and *Emunah*

MORE THAN 9,000 CALLS DAILY

Fill life with hope and meaning by hearing Torah perspectives, *chizuk* and inspirational content.

- | | | |
|--|--------------------------------------|---|
| 1
Daily Learning Programs | 2
Personal Stories | 3
Pathways to Personal Growth |
| 4
Chizuk and Emunah | 5
Shabbos and Yom Tov | 6
Shalom, Shalom Bayis and Shidduchim |
| 7
Gemach Lists brought to you by HAKHEL | 8
Easy-to-Use System Instructions | 9
Live Teleconferences and Timely Topics |

6 DIAL-IN NUMBERS:

Lakewood	732.806.8599	New York	718.258.2008	Eretz Yisrael	03.929.0707
Monsey	845.356.6665	Toronto	416.800.0656	England	203.375.1580



WonderWords Children's Line

Stories • Contests • Interviews

MORE THAN 10,000 CALLS DAILY

Teaching kids around the world *middos* and relationship skills through wholesome audio entertainment

- | | | |
|--|---|--|
| 1
Daily Schmooze by Rabbi Yosef Pruzansky | 2
Terrific Tales by Rabbi Yitzy Erps | 3
Kidtalk Interview |
| 4
Choose It | 5
Surprise Storyteller | 6
Chaim Miller Kiddush Hashem Stories |
| 7
WonderWords Experience | 8
Contest Arena | 9
Archive Wonders |

3 DIAL-IN NUMBERS:

212.444.1119 / 718.305.6960 / 845.738.1066



TIC Talk Teen Line

Q & A • Personal Stories • Interviews

MORE THAN 7,000 CALLS DAILY

Reaching high school girls internationally with a message they need, in a style they love

- | | | |
|--------------------|----------------------------------|---------------------------|
| 1
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The Studio | 3
Personal Stories |
| 4
Q & A | 5
The Auditorium | 6
Spotlight on Schools |
| 7
The Avenue | 8
The Bookshelf: Serial Story | 9
Bulletin Board |

2 DIAL-IN NUMBERS:

845.678.8889 / 212.596.8255

FAMILY TELECONFERENCE

The **free family teleconference** makes it easy for the whole family to learn, grow closer, and earn merit to help bring *yeshuos*. Start a **free family teleconference** to learn the laws of *shmiras haloshon* and trigger Divine compassion.

SET IT UP

in under 5 minutes at powerofspeech.org/teleconference and get a FREE 3-piece kit shipped to each participating member.

Free Kit includes:

1. Reminder card
2. *Tefillah al hadibbur*
3. Inspirational magnet



Choose a daily learning sefer

You can order a book (pages 10-15), or sign up for free daily emails at powerofspeech.org/daily-learning.

Invite your family

Ask family members to join, and choose a time that works for all of you.

Earn immeasurable merit

Trigger Divine compassion for your family, as you learn, grow, and connect more deeply.

Get your teleconference dial-in information

Dial the free teleconference line: 605.468.8002, choose your own pin and share it with your group.

"Through the CCHF teleconference we united our family as a *zechus* for a *refuah sheleimah* for a family member. *B"H*, we had a *yeshuah* and **uniting our family daily has been incredibly rewarding.**"

Nosson R. Monsey, NY

MACHSOM L'FI GROUPS

A *Machsom L'fi* is a group effort of extra-careful adherence to Shmiras Haloshon as a merit for someone in need of some form of salvation. The group divides up the hours of the day into one- or two-hour periods, with each member taking one time-slot in which he or she commits, *bli neder* [without a vow], to be extra-vigilant to avoid hearing or speaking loshon hora or other forms of forbidden speech.

A year ago a friend and I decided to start keeping a *machsom* and saying the *machsom lfi* prayer every morning as a *zechus* for a *shidduch*. I would like to say that I recently became a *chassan*. Thank you once again.

Jeff R. Riverdale, NY

We started a *machsom l'fi* in our own home... My house has become an island of peace and tranquility as my children try to seek, in every situation, the good and the positive."

R. G., Denver, CO

I WANT TO CREATE MY OWN MACHSOM L'FI GROUP.

HOW DO I START?

1

Invite members

Ask family, friends, neighbors or co-workers to join your group.

2

Divide the slots

Ask each member to pick a 2-hour slot during which to focus on being careful with what they say, and make sure to cover the waking hours of the day.

3

Keep them kosher

Start your hour by reciting the *tefillah* + *kabbalah*. For a detailed guide and FAQ that are available for download, visit at powerofspeech.org/machsom-lfi.

Loshon hora is prohibited at all times! A *machsom l'fi* does not mean that one is allowed to speak loshon hora during the rest of the day. Instead, this program creates a time period of extra focus when one concentrates on thinking before speaking. Building this ability is an absolute prerequisite for success in *shmiras haloshon*.

I was inspired to join a *machsom l'fi* after a Tisha B'av Event one year, as a *zechus* to have a child. Exactly one year to the day that I began, I gave birth to my daughter Chaya Perel. She is named after my mother in whose memory I sponsored that event in my community. Thank you for being the catalyst for all this *brachah* in my life.

Mrs. W., Los Angeles, CA

SHIDDUCHIM

WHEN SOMEONE'S LIFE IS IN YOUR HANDS

Thousands of lives have been left in ruins by those who didn't follow the Torah's guidelines for what MUST be said and what SHOULDNT be said when relaying information for *shidduchim*.

- ? SHOULD I SAY SHE'S DIFFICULT TO GET ALONG WITH?
- ? A YEAR AGO, HE WAS OUT OF YESHIVAH FOR MONTHS, AND I THINK HE WAS SICK. MUST I MENTION IT?
- ? I KNOW SHE WANTS A FULL-TIME LEARNER, BUT THEY'RE PERFECT FOR EACH OTHER. MUST I SAY?

Be prepared for the phone call so you never have to feel the terrible guilt of being the cause of someone's irreversible pain.



THE PHONE CALL GUIDE

Learn how to ask for and give information for *shidduchim* with this short, clear guide explaining when you can talk, when you can't, and when to ask a *shailah*. It's full of practical tips + guidelines categorized clearly by question type, so you finally get clarity on the basics. Now, when you pick up the phone, you know you're saying it right.

G007 Free

BY POPULAR DEMAND



ARE YOU READY FOR THE CALL THAT MIGHT RUIN SOMEONE'S LIFE FOREVER?

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SHMIRAS HALOSHON SHAILAH HOTLINE

Not sure what to say, or if it's your responsibility to say anything at all?

Get halachic answers and detailed advice from expert *rabbanim* who will answer your question—so you say the right thing in the best way. Your best option for clarity on questions about a:

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Tiferes is designed to give practical tools and timely advice to women of all ages through monthly meetings and weekly teleconferences.

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"I get overwhelmed and stressed juggling a job, house and kids. Tiferes pulls me through tough times with support and a new appreciation for the very hard but very special role I play."
Tehila K., Lakewood, NJ

SOME OF OUR SPEAKERS:

- | | | | |
|-----------------------|--------------------------|-----------------|-------------------|
| Rabbi Dov Brezak | Rabbi Johnathan Rietti | Seryl Berman | Shifra Rabenstein |
| Rabbi Y. Y. Jacobson | Rabbi Y. Y. Rubinstein | Rochel Goldbaum | Rena Tarshish |
| Rabbi Menachem Nissel | Rabbi Ephraim E. Shapiro | Chani Juravel | Simi Yellin |
| | Dr. Abraham J. Twerski | Debbie Selengut | and more |

SOME OF OUR TOPICS:

CONNECTING TO HASHEM

- Incorporating Tefillah into My Busy Life
- Feeling Connected Throughout the Mundane
- Making Yom Tov Meaningful for My Children

PARENTING:

- Developing a Healthy Relationship with Teenagers
- Disciplining Children Successfully
- Helping Your Child Thrive Socially
- Effective Techniques for Dealing with Sibling Rivalry

PERSONAL GROWTH

- Staying Calm Under Pressure
- Developing Emunah, and the Serenity It Brings
- Increasing Joy and Positivity
- Navigating Difficult Relationships

SHALOM BAYIS

- Keeping My Marriage Fresh
- How to Take and How to Give
- Communicating Successfully

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"There is no family in the world who studies the laws of Ioshon hora, according to the schedule of two halachos a day who has not seen some form of salvation in their lives."

—HAGAON HARAV
Yehuda Zeev Segal
ZTL
Manchester, Rock 2013

"The Chofetz Chaim Heritage Foundation has changed Klal Yisrael's perception of the mitzvah of Shmiras Haloshon. How worthy it is of our support, to be a part of this organization because as the Chofetz Chaim and the Manchester Rosh Yeshiva said this is what will bring Moshiach."

—HAGAON HARAV
Shmuel Kamenetsky
SHLITA

"... It's a z'chus for us to join the Chofetz Chaim Heritage Foundation and become supporters of this final step, raising a generation that is innocent and whose language is pure and holy, so that we may together greet Moshai'ch Zidkeinu, b'meirah b'yameinu omein."

—HAGAON HARAV
Mattisyahu Salomon
SHLITA

"There has been a sea-change in Klal Yisrael, an international sea-change. What the Chofetz Chaim started more than a hundred years ago has taken place, due to a large extent to the work of the Chofetz Chaim Heritage Foundation."

—HARAV
Yissocher Frand
SHLITA

MOTIVATION WHEREVER YOU ARE



SHMIRAS HALOSHON BRACELETS

Turn this into your class, family or personal mantra, and empower yourself to walk away from gossip.

BR003	Green	\$.75
BR002	Purple	\$.75
BR001	Black	\$.75



ZIPPER BRACELET: MY LIPS ARE SEALED

Keep your fingers busy while your tongue is at rest. This playful bracelet is the perfect giveout for a group or family working on *shmiras haloshon*.

BR004	\$.75
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SHMIRAS HALOSHON KEYCHAINS

KC001	\$.75
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SMARTPHONE STICKERS

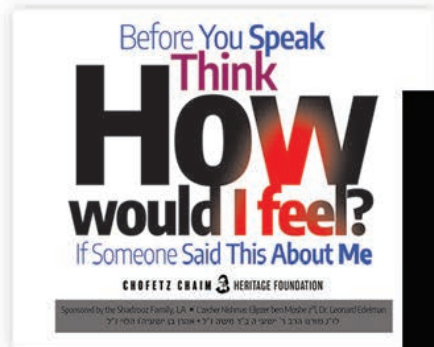
Remind yourself to talk, text and WhatsApp kosher. Because one click, and ... #itsviral.

STEL	Free
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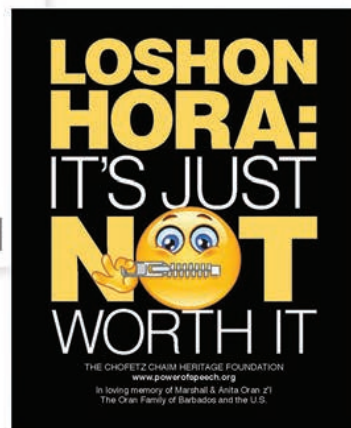


When things get out of hand on a chat, rise above and post this gentle reminder:

 #hearnoevil



G012



G010



G009



G006

MOTTO MAGNETS

Plaster your fridge or car with slogans that keep you inspired and help you think and speak more positively.

G006, G009, G010, G012	\$.75
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The Chofetz Chaim in his *sefer Zachor L'Miriam* urges us to use visual reminders to keep ourselves tuned to the vital *mitzvah* of *shmiras haloshon* wherever we go, whenever we speak.



BU003



BU004



BU002



BU001

NOVELTY MESSAGE PINS AND STICKERS

BU001-004	Pins	\$.50
ST001-004	Stickers	Free



AVAILABLE ALSO WITH "GOSSIP" LABEL

LOSHON HORA STOPPER

Caution: Use Only as Directed
A clever, stark visual reminder that *loshon hora* is a highly toxic substance.

G013	Loshon Hora Stopper	\$4.95
G014	Gossip Stopper	\$4.95

INSPIRATION AT A GLANCE, FOR YOUR HOME, STUDY, OFFICE OR SCHOOL

PO17

PO18

PO20

CHOFETZ CHAIM PORTRAIT
Decorate your wall with an elegant poster of the *Gadol* who began the movement towards more positive relationships. Every time you look at your wall, his greatness will inspire you to higher levels of control over your speech and thoughts.

PO17, PO18, PO20	8x10	\$2.95
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Prayer תפילה על הדיבור
for Proper Speech

Master of the World, may it be Your will, compassionate and gracious G-d, that You grant me the merit today and every day to guard my mouth and tongue from speaking lashon hora and rechilus. May I be zealous not to speak ill of an individual, and certainly not of the entire Jewish people or a portion of it, and even more so, may I be zealous to complain about the ways of the Holy One, Blessed is He. May I be zealous not to use words of falsehood, flattery, strife, anger, arrogance, hurt, embarrassment, mockery and other forbidden forms of speech. Grant me the merit to speak only that which is necessary for my physical and spiritual well-being, and may all my deeds and words be for the sake of Heaven.

CHOFETZ CHAIM HERITAGE FOUNDATION

WEATHERPROOF

TOWER OF BABBLE POSTER
Enhance your *succah*, playroom or kid's bedroom with this fun poster that will have your children looking, laughing and enjoying, while learning the 31 mitzvos of "kosher! speech."

PO19	27x35	\$9.99
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TEFILLAH FOR SHMIRAS HALOSHON
Give yourself an extra measure of Divine protection with the Chofetz Chaim's prayer for proper speech. For your home, classroom, office or shul. Available in English, Hebrew or both.

PO10	11x17	\$4.95
PO24	8x10	\$2.95

Sticker: Stick inside your *siddur* to add to your *davening* routine.

STEF	3x4 Sticker	Free
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STRATEGIES FOR SUCCESS

10 Strategies to Quit Gossiping Now

CHOFETZ CHAIM HERITAGE FOUNDATION

10 STRATEGIES TO QUIT GOSSIP
Mindsets and methods to help you hold back... even when you want to say it. A must-have tool for keeping *shmiras haloshon*.

PO12	11x17	\$4.95
PO21	8x10	\$2.95

THE 7 RULES OF TOELES

CHOFETZ CHAIM HERITAGE FOUNDATION

7 RULES OF TOELES
Should I speak up? How detailed do I get? Is there something else I could try first? Short, practical and memorable, this poster tells you what you need to know before speaking loshon hora for a constructive purpose.

PO09	11x17	\$4.95
PO22	8x10	\$2.95

Thank you for not speaking Loshon Hora.

CHOFETZ CHAIM HERITAGE FOUNDATION

THANK YOU FOR NOT SPEAKING LOSHON HORA
Simple, striking and incredibly powerful. A more tactful way to help family, guests, workmates and yourself curb forbidden speech.

PO13	11x17	\$4.95
PO23	8x10	\$2.95

TABLECARD REMINDERS
Keep table-talk friendly, positive and kosher. Made of durable, wipe-clean plastic, these tablecards are your tactful, word-free way to remind family, friends and guests to keep the conversation free of forbidden speech.

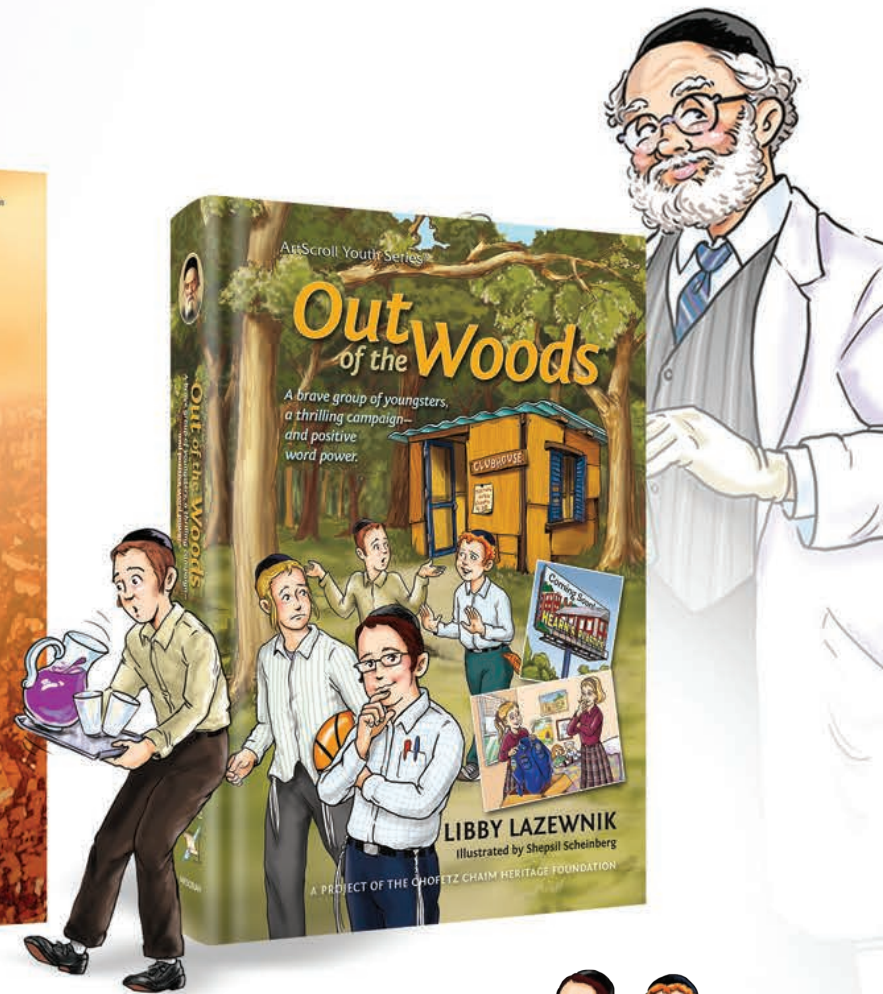
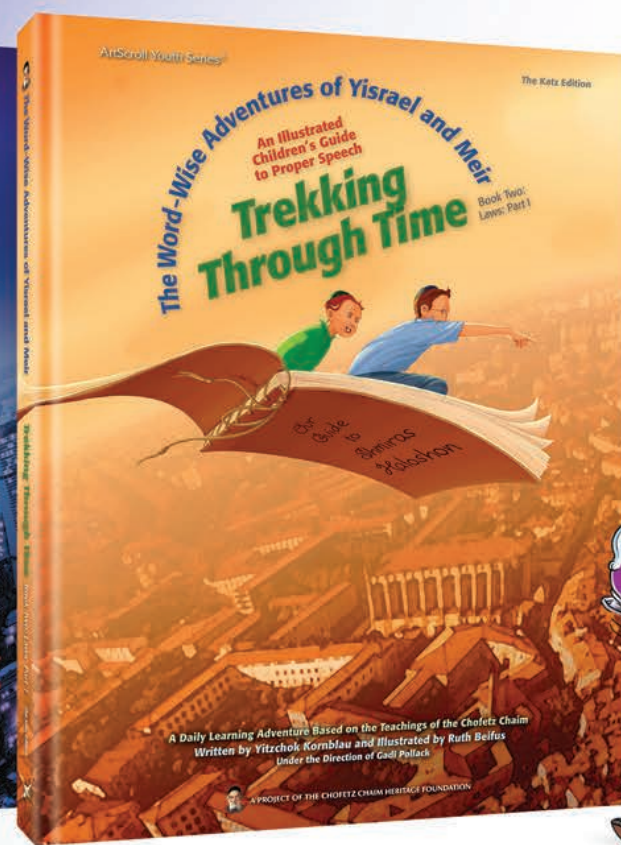
TC, TCS, TCT	\$1.00
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GRIPPING STORIES, TEACHING CRUCIAL RELATIONSHIP SKILLS

This book can unite children across the world just as Daf Yomi does for adults. The graphics and beautiful illustrations make it very enjoyable and the children are proud to be part of something global."

Rabbi Eliezer Feuer, Rabbi of Young Israel of Bayswater, NY



GOING GLOBAL

Let powerful communication strategies sink in with this comic/adventure book featuring the fascinating adventures of globe-trotters Yisroel and Meir.

- Vivid, detailed illustration directed by Gadi Pollack
- For children ages 6-12
- Covers all 31 positive + negative mitzvos of speech

BGG \$22.99

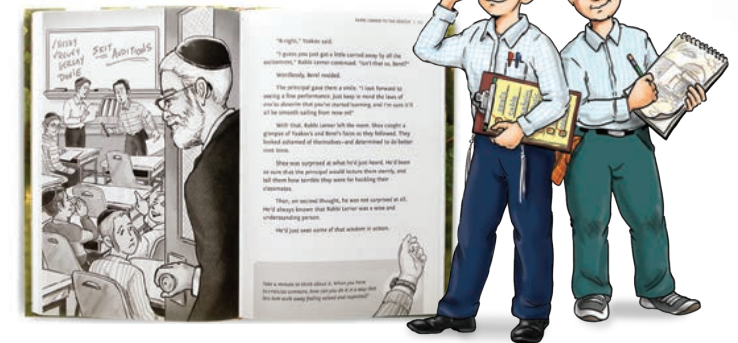


TREKking THROUGH TIME

Yisroel and Meir are back on another magical, hair-raising adventure, this time trotting through history.

- Dazzling illustrations directed by Gadi Pollack
- Excitement, fun and practical applications
- Covers 30 fundamental *shmiras haloshon halachos*

BTT \$22.99



OUT OF THE WOODS

What would you do if someone decided to build a big factory in the woods where you and all of your friends love to play... and destroy your clubhouse in the process? Nachy, his friends, and their sisters have a plan...

Out of the Woods teaches crucial communication and relationship skills (based on bestseller *Positive Word Power*), tucked into a story that will keep your kids glued.

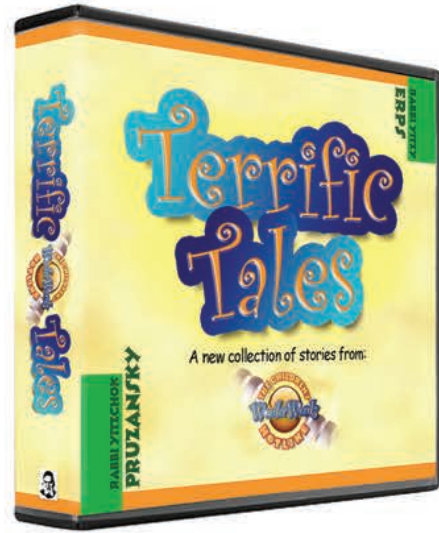
B110 Full-size \$22.99

Call for fun posters, stickers, buttons and other novelty items to help your children build positive speech and relationships.

845.352.3505 EXT 5

High-impact
CDs and DVDs
for Children

ENTERTAINMENT YOU TRUST, TEACHING VALUES YOU CARE ABOUT



Entire
collection
\$70



C088	Vol. 1
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C106	Vol. 3
C114	Vol. 4
C120	Vol. 5
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TERRIFIC TALES CD SERIES

Spellbinding stories with wholesome, powerful Torah messages to keep your children entertained for hours.
By Rabbi Yitzi Erps and Rabbi Yosef Pruzansky
Recommended for ages 7-14



ITCHY AND MITCHY

Enthrall your children with a magical puppet adventure that combines a captivating story with engaging songs—and teaches a powerful lesson about speech.
By Rabbi Yitzy Erps and Rabbi Yosef Pruzansky
Recommended for ages 3-10, Run Time: 48 min.

D011	Vol. 1	\$19.99
D012	Vol. 2	\$19.99



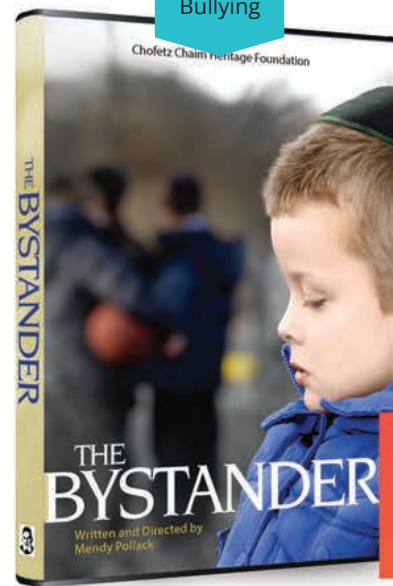
TOPIC:
Loshon
Hora

WORDS ONCE SPOKEN

When Avi speaks negatively about Sholom, he never imagines the irreparable damage that will be left in the wake of his words. Friendships are severed, lives are ruined, and years of heartache and regret ensue. It takes the ambitious AYM Team and their investigative efforts to begin repairing the damage of *Words Once Spoken*.

Recommended for ages 7-14
Run Time: 60 min.

D14	\$19.99
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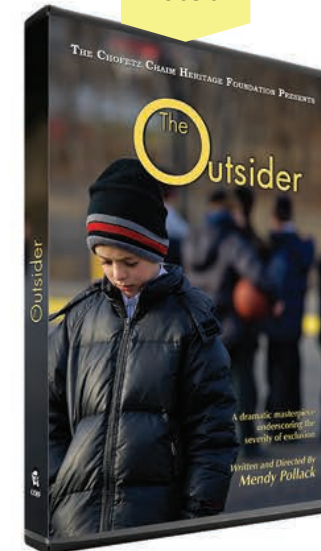
TOPIC:
Bullying

THE BYSTANDER

A powerful presentation which highlights the power that bystanders have to stop a bully. Children will also gain an understanding of the value of empathy.
Recommended for ages 10-99
Run Time: 50 min.

D003	\$19.99
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★ VOTED TOP
★ educational tool for
★ dealing with bullying

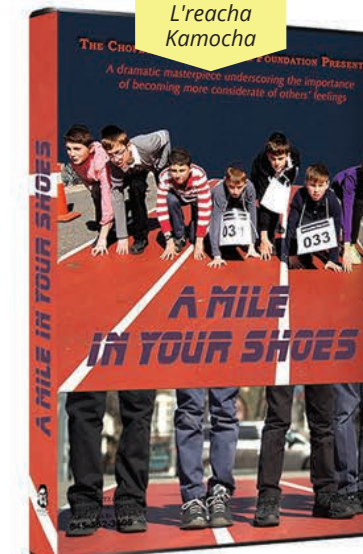


TOPIC:
Exclusion

THE OUTSIDER

A moving film that helps children to understand the devastation of exclusion and to appreciate the importance of tuning in to the feelings of others. It also effectively highlights the value of each individual and how much everyone can contribute when given a chance.
Recommended for ages 9-14
Run Time: 60 min.

D08	\$19.99
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TOPIC:
Ve'ahavta
L'reacha
Kamocho

A MILE IN YOUR SHOES

Competing in a race can be fun—but not when it comes at the expense of a friendship. A highly impactful presentation on the topic of becoming more considerate of others' feelings, by putting yourself in their shoes.

Recommended for ages 9-14
Run Time: 25 min.

D13	\$19.99
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TOPIC:
Jokes/
Bullying

PLAYING YOUR PART

A highly-dramatic production on recognizing and maximizing your own unique strengths as a means to building up your self-worth, thus eliminating a need to put others down in an attempt to feel good about yourself.

Recommended for Ages 9-14
Run Time: 60 min.

D09	\$19.99
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TOPIC:
Eradicating
Jealousy

GETTING IT TOGETHER

A powerful presentation that focuses on recognizing others' exceptional strengths and working together toward a common goal to achieve ultimate success.

Recommended for Ages 9-14
Run Time: 43 min.

D12	\$19.99
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TOPIC:
Success
Through
Achdus

PUNCHLINE!

Everyone loves a good joke... till it's made at one's own expense. Fun-loving, witty Chili learns this lesson the hard way when he takes his jokes too far.

Recommended for ages 7-14
Run Time: 50 min.

D015	\$19.99
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WOMEN & GIRLS ONLY

Be inspired and learn unforgettable lessons about the power of our words and maintaining peace. These mesmerizing films are guaranteed to change your life!

DOC	From Outside the Camp	\$19.99
BLS	The Lost Song	\$19.99

Audio Inspiration:
Personal Growth

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This series offers an unerring guide to the powers Hashem has given us. It's full of penetrating insights that help you find your own route to growth.
Rabbi Ephraim Wachsman

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IGGERES HARAMBAN

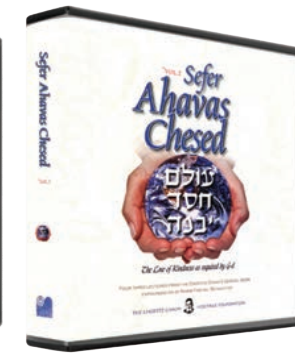
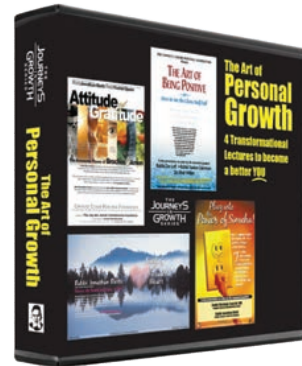
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Rabbi Ephraim Wachsman

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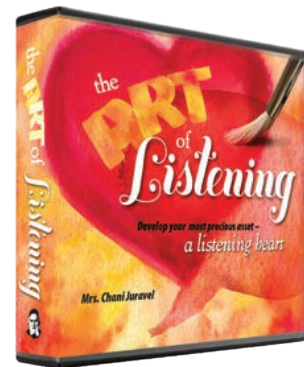
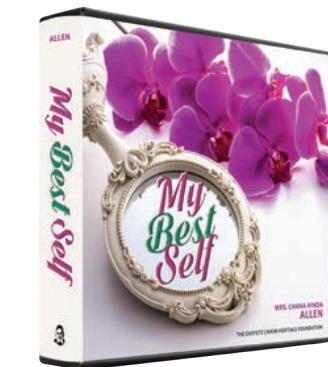
C034 Variety



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2 volumes - 4 lectures each In this series, Rabbi Schachter explores the Chofetz Chaim's *Ahavas Chesed*, the definitive work on our obligation to perform acts of giving.
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Rabbi Ephraim Elyahu Shapiro

C046



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3 lectures Happiness is elusive, a mindset that's hard to develop when things aren't perfect. Learn to feel contented and happy all the time, and to pass the joy on to your family.

Mrs. Chani Juravel

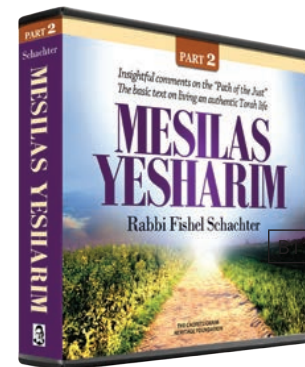
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Rabbi Ephraim Wachsman

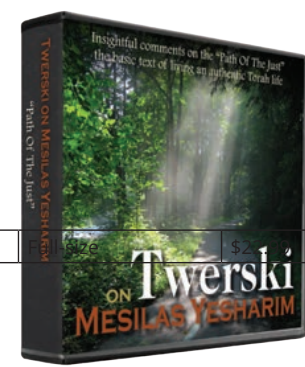
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C036



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Rabbi Ephraim Wachsman

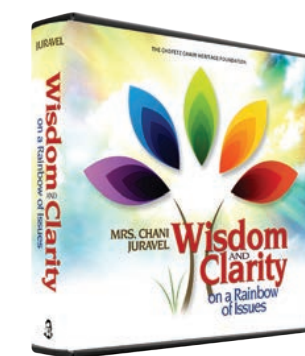
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REPAYING THE GIFT OF LIFE

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C149 Rabbi Fishel Schachter



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4 lectures How to tolerate, accept and embrace yourself, your life and the people in it, even if they're not what you hoped or expected.

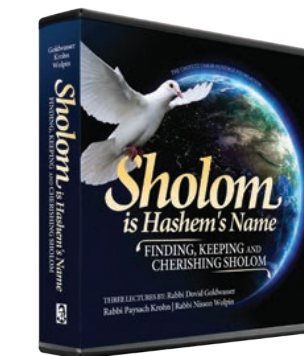
C111 Mrs. Chani Juravel



SOAR TO NEW HEIGHTS

3 lectures Invigorate your day with confidence and a bright new outlook. Hear upbeat bursts of inspiration from one of the most moving speakers today.

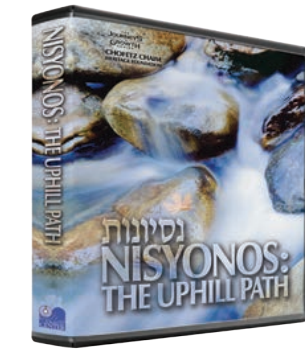
C152 Rabbi Paysach Krohn



SHOLOM IS HASHEM'S NAME

3 lectures Learn how to shine the Torah's light on every situation, become a vessel for *shalom*, and receive every one of Hashem's brachos.

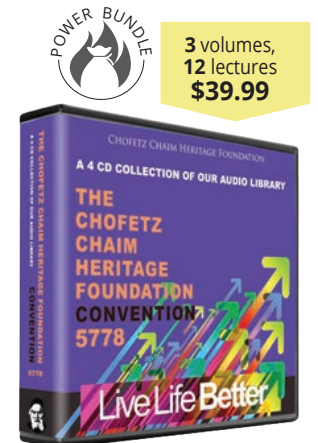
C053 Rabbi Paysach Krohn
Rabbi Nisson Wolpin



NISYONOS: THE UPHILL PATH

3 lectures In this series, you'll find out how to accept and rise to each challenge, and how to tap into strengths you already have to reach higher and higher.

WC05 Rabbi Ephraim Wachsman



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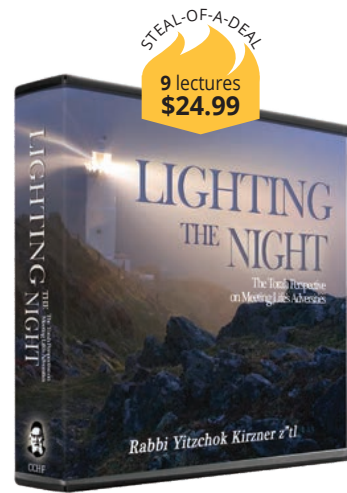
C104	5776	Variety
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Audio Inspiration:
Emunah/Chizuk

EVERYTHING FEELS EASIER WHEN YOU'RE CONNECTED

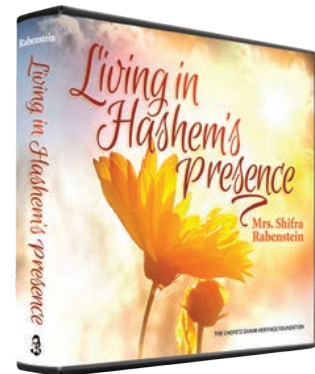
BUILD THE RELATIONSHIPS YOU'VE ALWAYS WANTED WITH THE PEOPLE YOU CARE ABOUT.



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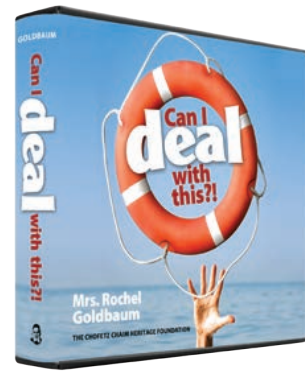
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C085 Rabbi Yitzchok Kirzner, zt"l



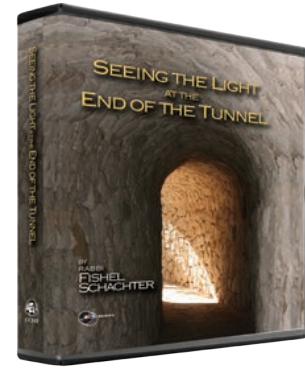
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C084 Mrs. Shifra Rubenstein



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C108 Mrs. Rochel Goldbaum



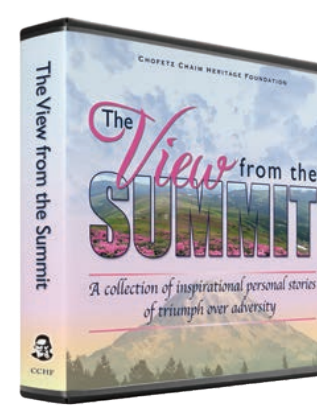
SEEING THE LIGHT AT THE END OF THE TUNNEL
3 lectures Win rock-solid *bitachon* with this fun, inspiring and lifechanging set, so you can meet challenges with courage, strength and trust.

C022 Rabbi Fishel Schachter



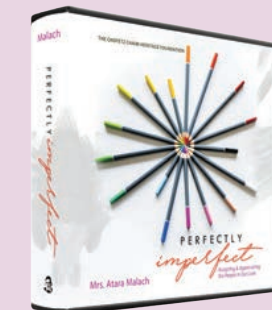
BITACHON: OUR ONE SAFE HARBOR
4 lectures This empowering series will show you how to build unshakeable *emunah* so that you can weather any storm with confidence, security and trust.

C067 Mrs. Cirel Septimus



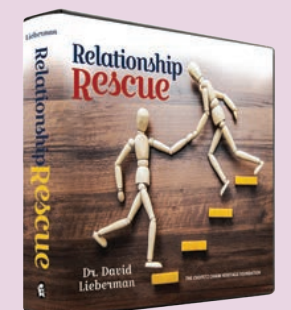
THE VIEW FROM THE SUMMIT
4 lectures Challenges are a part of life. What separates those who succeed from those who falter? This collection, by people who haven't let their struggles bring them down, will fortify you with the tools + support to meet your own difficulties with unshakeable strength and faith.

C033 Variety



PERFECTLY IMPERFECT
4 lectures

C121 Mrs. Atara Malach



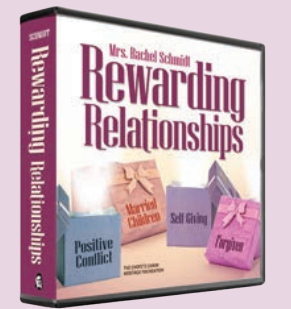
RELATIONSHIP RESCUE
4 lectures

C128 Dr. David Lieberman



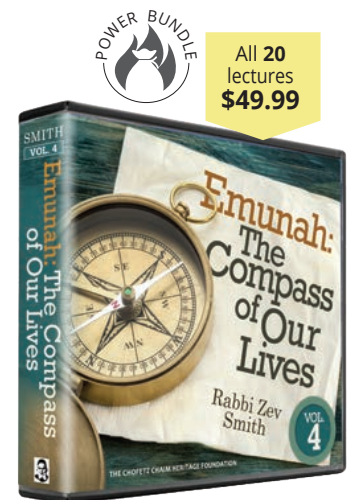
I WISH I HAD A BETTER RELATIONSHIP WITH
4 lectures

C064 Mrs. Atara Malach



REWARDING RELATIONSHIPS
4 lectures

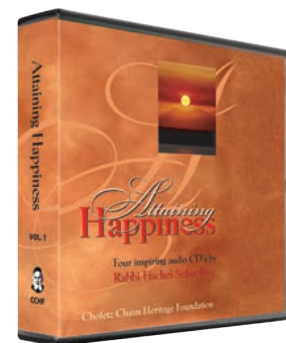
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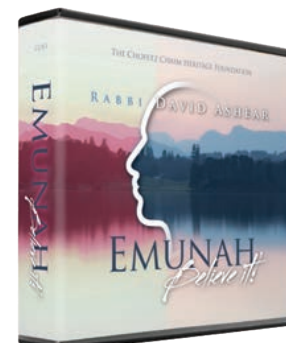
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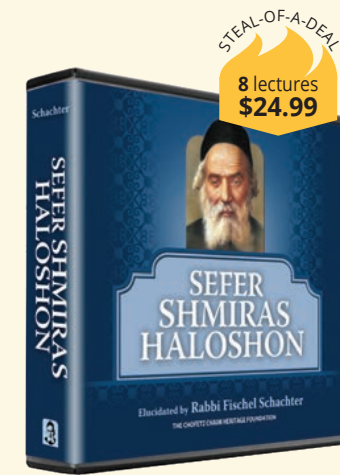
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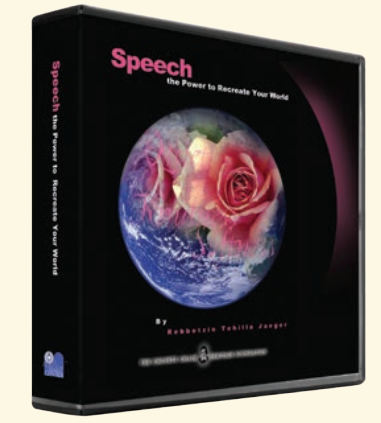
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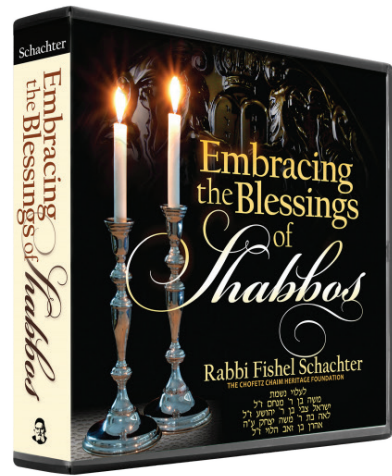


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C150 Rebbetzin Tehila Jaeger

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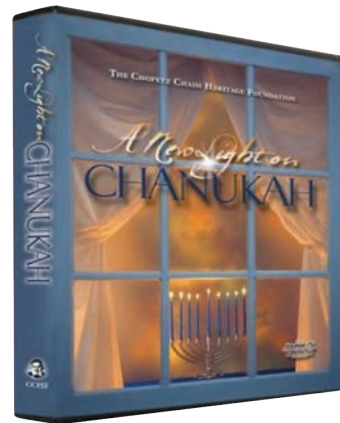
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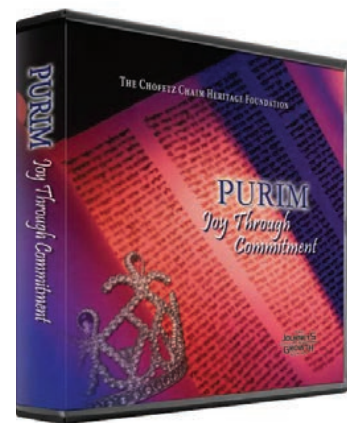


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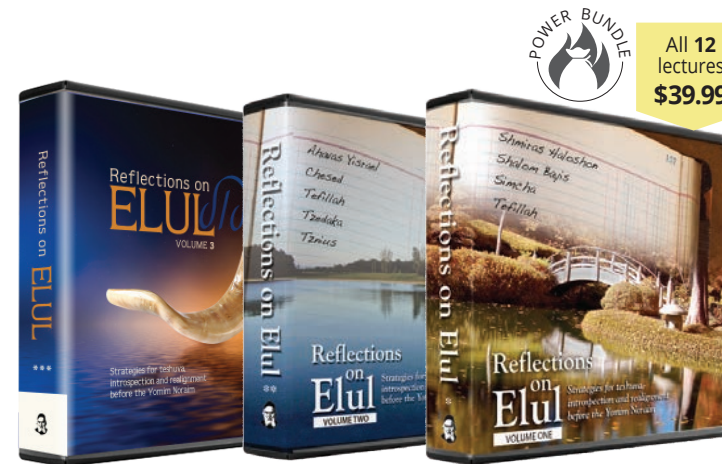
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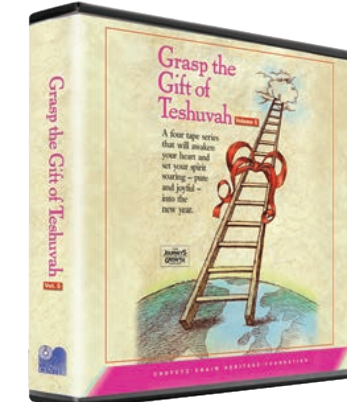
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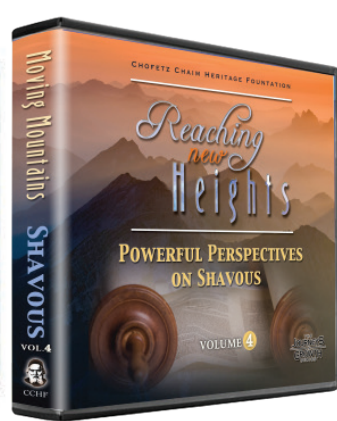


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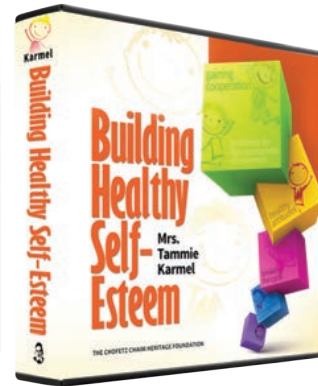
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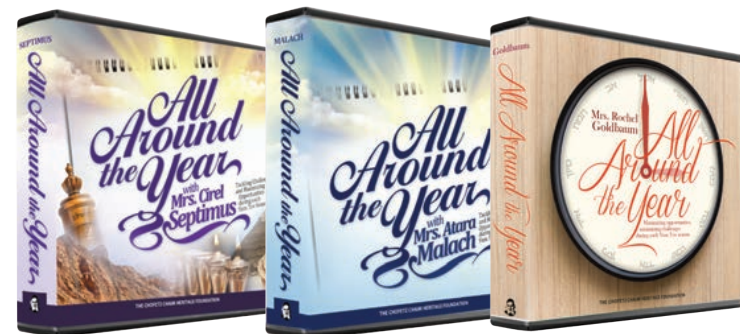


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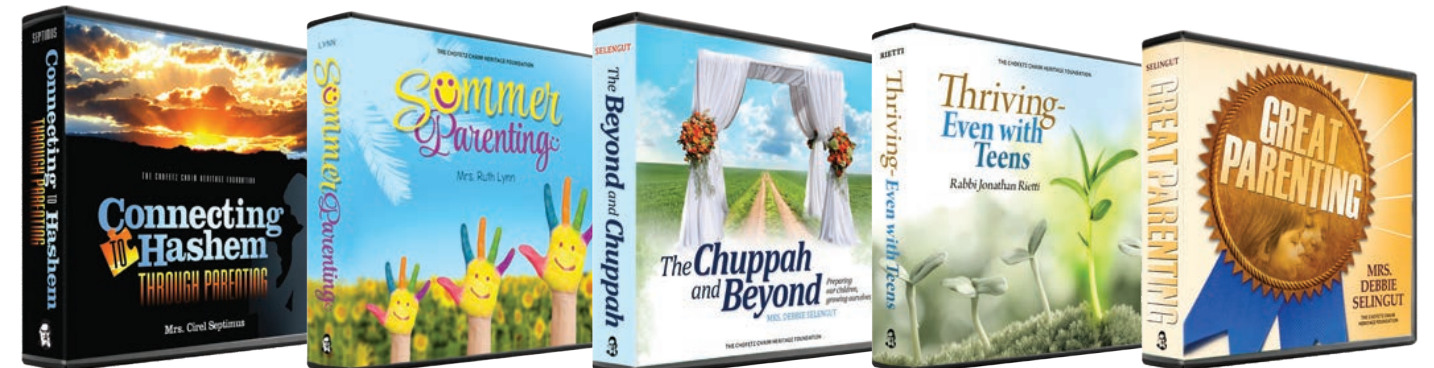
C098 Dr. Jerry Lob



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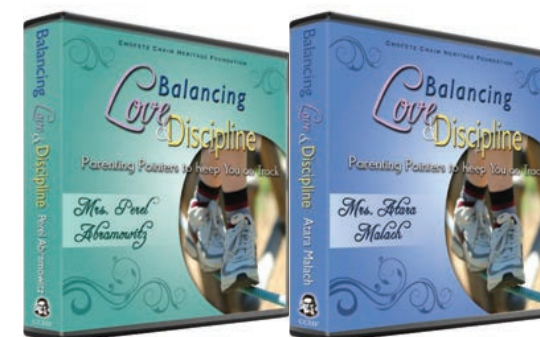
C107 Rabbi Jonathan Rietti

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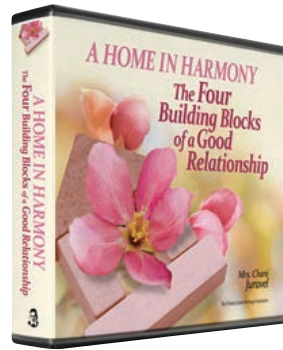


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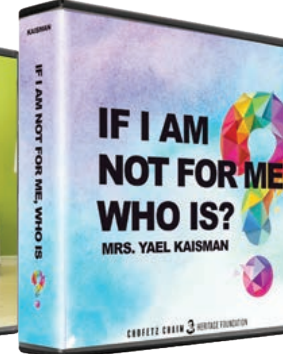


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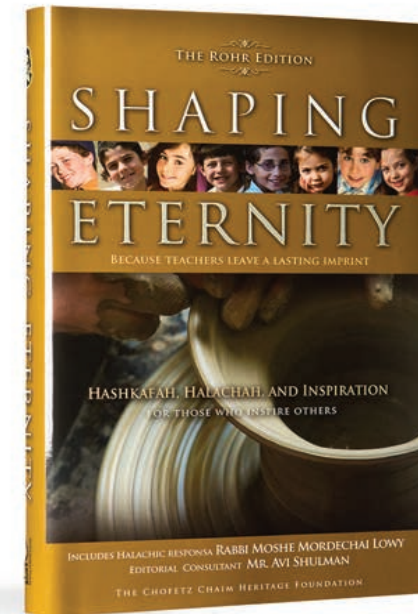
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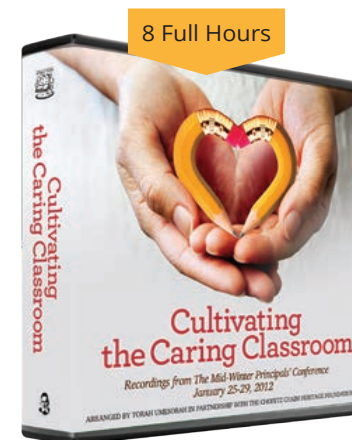
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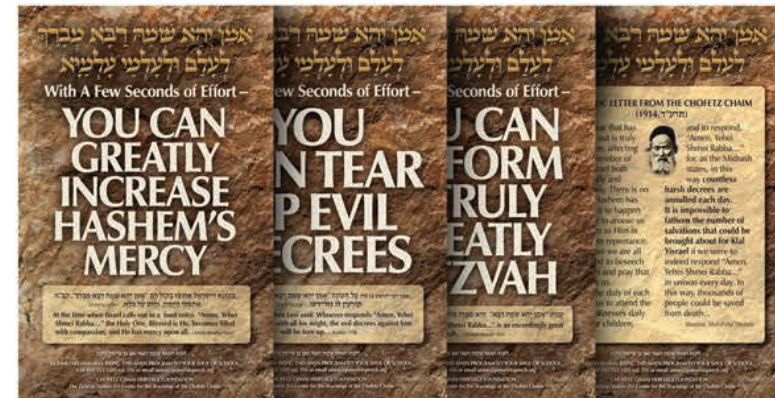


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