



# **The Oy Way: Following the path of most resistance (Volume 1)**

*Harvey Gotliffe*

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In an increasingly hurried, harried, and hectic electronic world, simple Yiddish expressions offer profound wisdom, and have helped provide physical, emotional, and mental stress relief to true believers. Individuals can become their own sages, and can survive and even prosper by inculcating these expressions into their daily lives. *The Oy Way* offers a *meshuge* (crazy) philosophy that combines meditation, exercise and humor, set forth in easy-to-learn Yiddish. It will be a *mekhaye* (pleasure) to read and follow—even if it's just a *bisl* (bit) at a time. The Yiddish found in *The Oy Way* blends a rhythmic, flowing form of moving meditation with a unique way of thinking. At times, these expressions introduce turmoil in the midst of tranquility, and then impose humor into the resultant chaos and disorder. This form does not guarantee inner peace, but knowing that others may be sharing the same resultant agony brings solace to some. The true believer can inadvertently be led on a journey down the path of most resistance. It is a special journey everyone can follow, even if your mind is closed, as long as your heart is open. It is *The Oy Way*.

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### **Harvey Gotliffe**

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