

# If Only (Shoulda, Coulda, Woulda)

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Yes, we must do teshuva (repent and return to Hashem) but we also have to move on and not let our regrets weigh us down and destroy us emotionally. We must also deal with the present situation, even if it is difficult, with faith, hope and positivity. The same God that we are asking for help, sent us the situation we are dealing with, and He is the Source of our relief. Rebbe Nachman offers valuable advice and insights. Chaya Rivka Zwolinski explains.

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