

Finding Joy A Practical Spiritual Guide to Happiness

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Reviews

This ebook is worth acquiring. Better then never, though i am quite late in start reading this one. You will not truly feel monotony at at any time of your own time (that's what catalogues are for about if you ask me). *(Lorenz Vandervort)*

FINDING JOY A PRACTICAL SPIRITUAL GUIDE TO HAPPINESS



Jewish Lights. Paperback. Condition: New. 192 pages. Dimensions: 8.4in. x 5.5in. x 0.6in.Searching for happiness in our modern world of stress and struggle is common; finding it is more unusual. This guide explores and explains how to find joy through a time-honored, creativeand surprisingly practicalapproach based on Kabbalah and the teachings of Jewish mystics. The very core of the Jewish mystical tradition is centered on the belief that if our focus is spiritual, then true appreciation of our lives, and true joy, are possible. Step by step, Finding Joy describes the basis of happiness in the context of Jewish mystical tradition and shows, in an easy-to-understand way, how we can use its concept of the 10 divine rays of light, the Sefirot, to remedy the everyday unhappiness in our lives. Clear, creative, personal, and down-to-earth, Finding Joy introduces the ancient insights of the Jewish mystics, and offers practical week-by-week exercises for the soul which bring them into our daily routines. Finding Joy is not an instant cure for modern lifes burdens. Instead, its a guide to a time-honored method for thinking and living . . . and finding real joy. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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