

Jewish Spiritual Teachings On Emotional Healing And Inner Wholeness



Sacred Therapy: Jewish Spiritual Teachings on Emotional Healing and Inner Wholeness by Estelle Frankel

★★★★☆ 4.8 out of 5

Language : English
File size : 1370 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 351 pages



This book offers a unique approach to emotional healing and inner wholeness, drawing on the wisdom of Jewish spiritual teachings. The author, a rabbi and psychotherapist, provides a comprehensive guide to understanding and working with our emotions in a way that is both authentic and transformative.

The book is divided into three parts. The first part explores the nature of emotions and how they can affect our lives. The second part provides a variety of tools and techniques for healing emotional wounds and developing inner wholeness. The third part offers a spiritual perspective on emotional healing, helping us to understand the deeper meaning and purpose of our emotions.

This book is a valuable resource for anyone who is looking to heal their emotional wounds and achieve inner wholeness. It is a wise and compassionate guide that can help us to live more fulfilling and meaningful lives.

What Others Are Saying About Jewish Spiritual Teachings On Emotional Healing And Inner Wholeness

"This book is a gift to anyone who is struggling with emotional pain. It offers a wealth of wisdom and practical guidance for healing and finding inner peace."

-Rabbi David Wolpe, author of "Making Loss Matter"

"This book is a must-read for anyone who is interested in emotional healing and spiritual growth. It is a profound and transformative work that can help us to live more meaningful and fulfilling lives."

-Rabbi Sheila Weinberg, author of "The Book of Life"

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