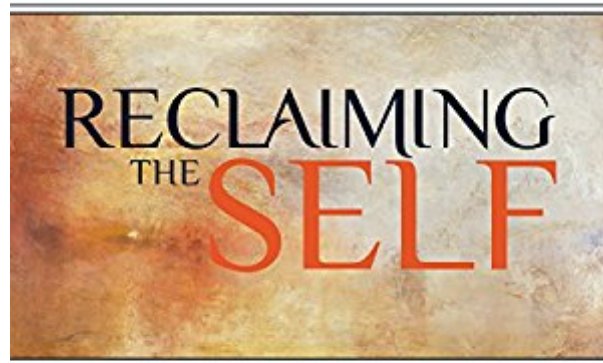


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# Reclaiming The Self: On The Pathway Of Teshuvah

RABBI DOVBER PINSON



ON THE PATHWAY OF TESHUVAH



## Synopsis

Teshuvah is one of the great gifts of life. Through Teshuvah we are able to return from pain, fragmentation and confusion to a place of greater unity and well-being, to our authentic self. Reclaiming The Self offers a glimpse into a world with-out the damaging influence of past negativity - where misdeed is transformed into merit. Questions addressed include: What exactly is Teshuvah and how does it function? How do we understand the mechanism of undoing our past and co-creating our future? Is it possible to foster healthy regret without eroding our self-esteem? In this informative, inspiring and empowering book, Rav Pinson guides us along the pathway of genuine transformation and holistic integration so that we can live fully present in the now.

## Book Information

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## Customer Reviews

I have read all of Rav Pinson's books and have been delighted and enriched by his wisdom and ability to explain difficult ideas in ways that are understandable and intimate. Reclaiming the Self is another one of his treasures of knowledge and understanding. Teshuvah is a word that has lost its meaning. But in the Christian world it is an unknown word. Its a world worth learning about because it will change your life for the better. As a Catholic, who taught in Catholic Schools, and a teacher of special education full time in regular public schools, I was introduced to mystical Judaism through a near death experience. I never even heard of the Zohar or Sefer Yetsirah etc. Yet through this personal experience I was led down this path for over 6 years now. Every turn has led me further into this world of knowledge and wisdom. It has totally changed my life for the better. The first day I was on my Facebook wall, Rav Pinson was already on it. I have no idea who he was or why he was

on my facebook page as a "friend". I tried to "unfriend" him, but at that time I didn't know how. How lucky I was to keep him as a friend. I eventually got involved reading his writings on his web page and was very impressed because he reached out to more than just a Jewish audience. I began reading his books and usually couldn't put it down until I finished reading it. This book Reclaiming the Self is another gem and I recommend it highly. In it he will take you into the world of integration, and peace. You will find out how the world around you can be changed for the better and Rav Pinson will show you how to do it. You will become a happier person because you will realize how unnecessary it is to get stressed out listening to the world shout at you with negative messages.

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