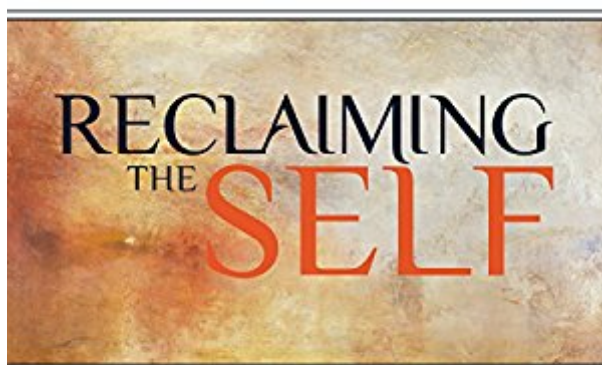


The book was found

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

Audible Audio Edition

Listening Length: 8 hours 32 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: DovBer Pinson

Audible.com Release Date: December 30, 2014

Language: English

ASIN: B00RM36FF2

Best Sellers Rank: #70 in Books > Audible Audiobooks > Religion & Spirituality > Judaism
#356 in Books > Religion & Spirituality > Judaism > Kabbalah & Mysticism #430 in Books
> Religion & Spirituality > Judaism > Jewish Life

Customer Reviews

Reclaiming the Self, is a masterpiece. I usually highlight or underline the sentences which are most meaningful to me when reading. I had to stop after the first paragraph because I was underlining every sentence! At the end of each chapter besides the summary of the chapter are exercises to incorporate the transformative ideas presented. I am already on my second reading.

Every time I picked this up, it seemed to touch on some crucial element I was experiencing. It is a powerful reminder of how not to get lost in the mire, and to instead embrace our past to be the person we want to be in the present.

A beautifully written book for anyone looking to engage in the Jewish path.....I've read this book

multiple times and it never fails to help me "return".....thank you, Rabbi, for writing this book....!

This book is absolutely jam-packed full of fascinating insights and clear instruction. You could read it 10 times and still gain something new each time.

What a great writer

I want several hard copies if I could get them.

Rav DovBer Pinson writes a very humane, if not repetitive book on one of the central elements of religious Judaism, teshuvah, or *teshuvah* – "return" to HaShem. In his *Reclaiming the Self: The Pathway of Teshuvah*, the rabbi often veers into straight up self-help, New Age territory. For some pages there is nary a word about Judaism, mitzvot, or teshuvah classically defined. But that is part of his project. As a fully observant, Chabad rabbi, DovBer Pinson is writing for an audience of secular Jews looking to embrace Judaism through one of its tradition paths; and the rabbi tries to present this path in a very modern, non-judgmental, and even, at times, in a non-religious way. The result is an interesting mix of theories and stories which sometimes cohere, and often do not. The rabbi writes a long book about a simple topic (simple to discuss, hard to practice) and the result is the strong urge on the part of this reader to skim material that sounds and feels vaguely familiar.

This book shows us the every moment of our lives is a chance to improve, to return to our own true selves

[Download to continue reading...](#)

Reclaiming the Self: On the Pathway of Teshuvah Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) *Lights of Teshuvah* Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) *Home Coming* (Reclaiming And Championing Your Inner Child) (Reclaiming and Championing your inner child) *NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness* (Navy Seals Mental Toughness)

Letting Go: The Pathway of Surrender Medicine Seeker: A Beginner's Walk on the
Pathway to Native American Spirituality The Spiritual Pathway to Freedom Holding On to Hope: A
Pathway through Suffering to the Heart of God Pathway to Hell: A Tragedy of the American Civil
War The Psychic Pathway: A Workbook for Reawakening the Voice of Your Soul A Pathway to
Health: How Visceral Manipulation Can Help You Theory of Electron Transport in Semiconductors:
A Pathway from Elementary Physics to Nonequilibrium Green Functions (Springer Series in
Solid-State Sciences) Queen of Stars and Shadows (Pathway of the Chosen) How to DECLUTTER
Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve
Anxiety: Deliver Me From Negative Self Talk Self-Discipline: Self-Discipline of a Spartan Trough:
Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) Self
Love: Raising Your Self-Confidence & Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)