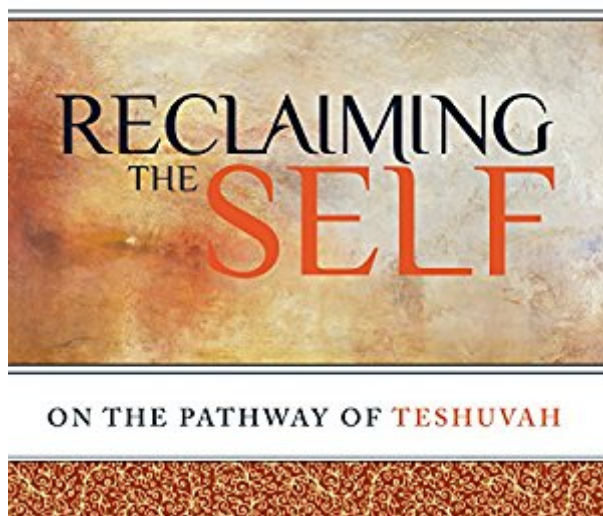


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Reclaiming The Self: On The Pathway Of Teshuvah

RABBI DOVBER PINSON



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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> 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

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