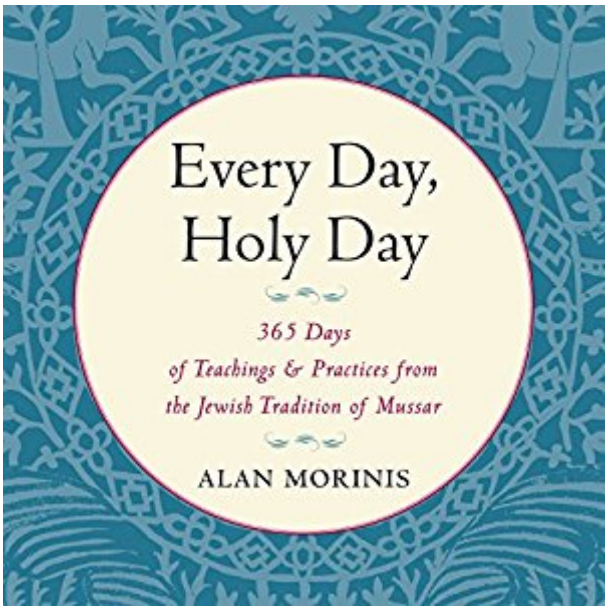
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Every Day, Holy Day: 365 Days Of Teachings And Practices From The Jewish Tradition Of Mussar



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Synopsis

"You shall be holy," teaches the Bible. The masters of the Jewish Mussar tradition have crafted a roadmap to help people approach that lofty goal. Mussar is a system of introspective practices that can help you identify and break through the obstacles to your inherent holiness, using methods that are easy to integrate into daily life. Every Day, Holy Day is an essential companion for anyone who wants to experience the life-changing gifts of Mussar. The program laid out in this audiobook focuses on 26 traits (middot) - such as loving-kindness, strength, generosity, compassion, honor, and equanimity - each of which takes center stage for a week of contemplation and exercises, in order to develop and refine that quality in yourself. Alan Morinis invites you to follow the Mussar path with him for a year. It is remarkably simple, and also remarkably effective in helping you overcome negative tendencies and strengthen positive ones - and to reveal your innate holiness in the process.

Book Information

Audible Audio Edition
Listening Length: 3 hoursÃ Â andÃ Â 59 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Audible Studios
Audible.com Release Date: December 10, 2014
Language: English
ASIN: B00QU4MS2I
Best Sellers Rank: #69 inÃ Â Books > Audible Audiobooks > Religion & Spirituality > Judaism #75 inÃ Â Books > Religion & Spirituality > Judaism > Movements > Orthodox #85 inÃ Â Books > Religion & Spirituality > Judaism > Prayerbooks

Customer Reviews

While I received much teaching and inspiration from the author's original book on MussarÃƒÂ¢Ã â ¬Ã â•"Everyday Holiness: The Jewish Spiritual Path of Mussar"ÃƒÂ¢Ã â ¬Ã â•his "Every Day, Holiday Day," pales in comparison. Its series of repetitive phrases and paragraphs taken from the first book didn't reach the heart of this reader because the writing was removed from its original context. As a fan of Alan Morinis, I recommend that you buy the author's original book on Mussar mentioned above. I also recommend not wasting your money on its imitation.

This is actually my third copy of Every Day, Holy Day; I have used one each year 2012, 2013, and for this year 2014. The format of the book, set out for a year's practice and a page for each day with space on each page for daily accounting of the soul, supports the Mussar practices of reading, meditation, chant and practice of one particular soul trait and taking daily experiential notes. Excellent, practical companion on the Mussar path.

I love this book. It has so many profound words in it that can be used for meditation.

I begin my morning quiet time with Every Day, Holy Day and the words of wisdom stay with me through out the day. I am so happy I bought the book. Some of the writtings bring me back to my youth at my Grandmother's knee. As she taught me how to be a loving person believing in God.

Really a great read.

Marvelous

Great book. As a Ukrainian Orthodox priest, this book has added new depth to my Kabbalah practice and study.

I ordered the PJs as a gift and am totally satisfied. They are as cute as the picture and the size is right on.

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