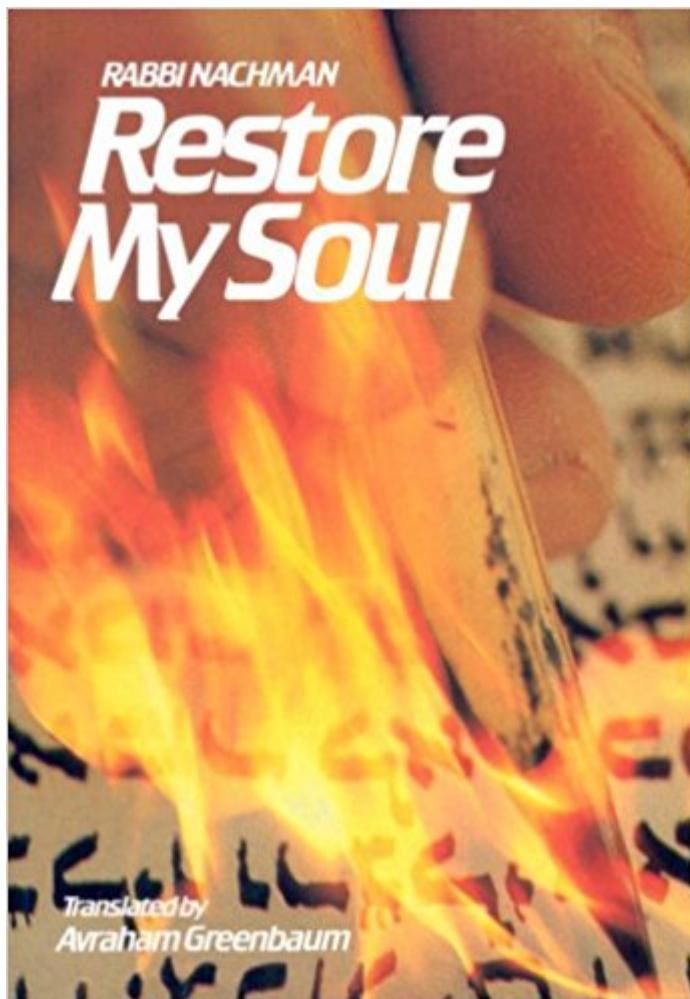


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# Restore My Soul (Meshivat Nefesh)



## **Synopsis**

No situation is so desperate that it cannot be turned to good; God has spread good throughout the Creation, even in the darkest places. This is a book for people in all walks of life. It contains extracts from the entire corpus of Breslov writings in order to combat hopelessness and depression and on how to draw from the wellsprings of joy and spiritual strength.

## **Book Information**

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Best Sellers Rank: #409,246 in Books (See Top 100 in Books) #211 in Books > Religion & Spirituality > Judaism > Kabbalah & Mysticism

## **Customer Reviews**

This blending of the high and humane--the notion that the highest level of creation transcends but includes the lower--is richly present in two short works by Rabbi Nachman, one of the eighteenth-century Breslover Chasidim: RESTORE MY SOUL, translated by Avraham Greenbaum, and OUTPOURING OF THE SOUL, translated by Rabbi Aryeh Kaplan (Breslover Research Institute). These two little books, excerpts collected from larger works, seem to me to spring from the very deepest wells of spirituality and to throw the doors of their inspiration open very wide indeed. The first is one of the most convincing statements, out of all I have read of the world's religious literature, of the completely inalienable quality of God's love: its text is "If I make my bed in hell, You are there." The second is on the accessibility of the emotion of prayer and the avoidance of despair: "The main lesson is, 'from the maw of the depths I cried out.'" In both is a depth of feeling utterly beyond any Puritanism or anti-emotionalism; there is no fibbing, no dodging, no bashfulness about the devouring pains of life, no bland and pastel uplift of the sort that poisons so much religious or inspirational writing. Here is one of the high figures of European spirituality, utterly accessible, utterly simple, two works that are great in themselves and a perfect introduction to Nachman's life work. Glenn Shea, from Glenn's Book Notes, at [www.bookbarnniantic.com](http://www.bookbarnniantic.com)

Precious book, easily read & understood. Coming out of Christianity into study of Judaism, this little book helped me understand the Jewish view of how God perceives the souls and ways of man. Very refreshing and enlightening!! Avraham Greenbaum of Jerusalem did a superb job of translating this work based on The Rebbe Nachman of Breslov's teaching does just what the title says, "Restores My Soul".

This review is not against the book. It is an amazing and wonderful book full of rich content. These 2 stars are against this seller. The book was used, however, it is filthy inside. There are stains over many pages, and actual dried up chunks of dirt on a few pages. I will try to clean off some of this, but this book should have been listed as in POOR condition!!

...and helps heal one's doubts and frustrations. If you are from a spirit-seeking background and at that point you feel as though you are needing straight talk surrounded by pragmatic love- get this book. Stop looking at the reviews, especially if you are drawn to it. You won't be sorry you did. A keeper in the library unlike other "get better my mind" or "what or who do I have to follow to actually start to succeed" books. Yes, I recommend this.

I could not put this book down at night. If you ever think you can't come back from the worst thing you've done or that it is too late will it is never too late. You can always come back because we are renewed every day and Hashem is waiting for you.

I carry this little book in my purse and pull it out to read while waiting -- have learned a lot and find that it is uplifting.

These are Rabbi Nachman's words not a free translation or poetic interpretation. You have to be into it and a student of the Rabbi's work to love it. I found it slightly less accessible than the Empty Chair presentation. Which I did.

something that the world needs . medicine and food for one's Soul. May the Rabbi continue towards Peace( great work and straight to the Heart

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