



Sacred Therapy: Jewish Spiritual Teachings on Emotional Healing and Inner Wholeness

Estelle Frankel

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In *Sacred Therapy* Estelle Frankel travels to the heart of Jewish mysticism to reveal how people of any faith can draw upon this rich body of teachings to gain wisdom, clarity, and a deeper sense of meaning in the midst of modern life. In an engaging and accessible style, Frankel brings together tales and teachings from the Bible, the Talmud, Kabbalah, and the Hasidic traditions as well as evocative case studies and stories from her own life to create an original, inspirational guide to emotional healing and spiritual growth.

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