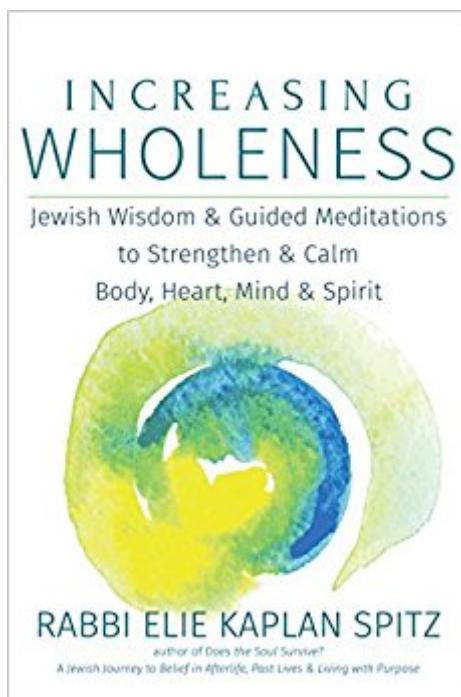


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# Increasing Wholeness: Jewish Wisdom And Guided Meditations To Strengthen And Calm Body, Heart, Mind And Spirit



## **Synopsis**

Combines Jewish tradition, contemporary sciences and world spiritual writings with practical contemplative exercises. Will help you balance and integrate mind, body, heart and spirit, reach out to the Divine, and be more fully present and effective in your life.

## **Book Information**

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## **Customer Reviews**

I enjoyed reading Increasing Wholeness! A great book to reread and keep note on; to get the full benefits of the meditations!

incredible book. Full of great information and hands on activities to do.

Increasing Wholeness has been incredibly helpful and comforting as I mourn the death of my husband of 46 years. Rabbi Spitz' wisdom and guidance have given me solace and peace that I could not find elsewhere. I am just beginning a spiritual practice and I love the ability to access his guided meditations on You Tube by scanning the bar codes in the book. I am so grateful that I have

found this rich source of inspiration. I also have read another of his books, Does the Soul Survive?, which is also an excellent companion of mine in my journey to wholeness.

I really don't like going from a book to the cloud.

Rabbi Spitz shows how people can use their time, actions, meditation, and prayer to calm people and stop them from being distracted by their many daily activities and the significant happenings in their lives. He shows how people can gain a greater understanding of what they can expect from themselves and others and how to nurture their inner life, bodies, hearts, minds, and spirits, and be whole. This is a manual of spiritual practices, a work that inspires people to improve. It is a book that draws on Jewish, non-Jewish, and spiritual writings, ancient and modern, as well as modern psychology and can help people of all faiths be what they really want to be.

Most books on meditation are a shell of mindfulness. Rabbi Spitz's concepts, in his book - Increasing wholeness, are what the rest of them are saying, but the spiritual is left out. This book doesn't hide the spiritual, nor should it. The breath is central. I recommend this book to novices and experts a like!

A must book to have. As a spiritual leader Rabbi Spitz has helped me to overcome my grief through this book, and his other books. I have spoken to others who have read the book and all agree with me. Jim Farivar

A guide to spiritual life that is eloquently written, yet practical and easy to understand. A book to use when we seek to clarify our inner beliefs and emotions.

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