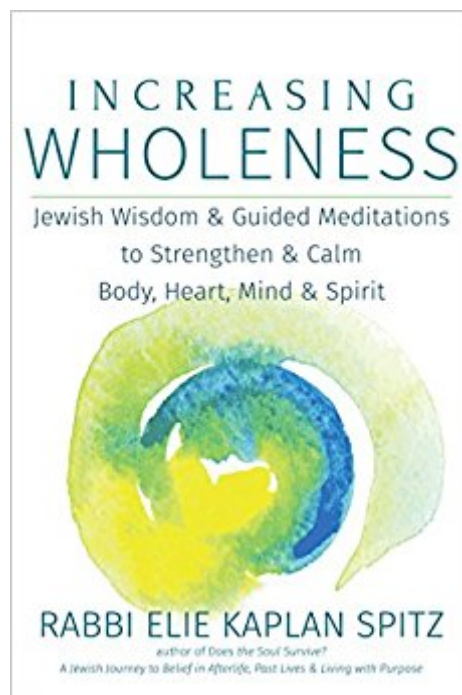




The book was found

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

File Size: 1304 KB

Print Length: 208 pages

Publisher: Jewish Lights; 1 edition (April 15, 2015)

Publication Date: April 15, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01HT6C2J4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #483,194 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

in Kindle Store > Kindle eBooks > Religion & Spirituality > Judaism > Prayerbooks #103

in Books > Religion & Spirituality > Judaism > Prayerbooks #416 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Meditation

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 alike!

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.

[Download to continue reading...](#)

Increasing Wholeness: Jewish Wisdom and Guided Meditations to Strengthen and Calm Body, Heart, Mind and Spirit
Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners)
Yoga Mind, Body & Spirit: A Return to Wholeness
The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life
The Wisdom of the Breath: Three Guided Meditations for Calming the Mind and Cultivating Insight
Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are
Chakra Breathing Meditations: Three Guided Practices to Unify Body, Breath, &

Mind 40 Days to Wholeness: Body, Soul, and Spirit: A Healthy and Free Devotional Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Every Body Matters: Strengthening Your Body to Strengthen Your Soul The Circle of Fire: Inspiration and Guided Meditations for Living in Love and Happiness (Prayers: A Communion with Our Creator) (Toltec Wisdom) Warrior Goddess Meditations: Ten Guided Practices for Claiming Your Authentic Wisdom and Power Indigo Teen Dreams: Guided Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety while Increasing Self-esteem and Meditations for Manifesting: Morning and Evening Meditations to Literally Create Your Heart's Desire Resist Nothing: Guided Meditations to Heal the Pain-Body Wisdom of the Body Moving: An Introduction to Body-Mind Centering Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Recovery, the 12 Steps and Jewish Spirituality: Reclaiming Hope, Courage & Wholeness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)