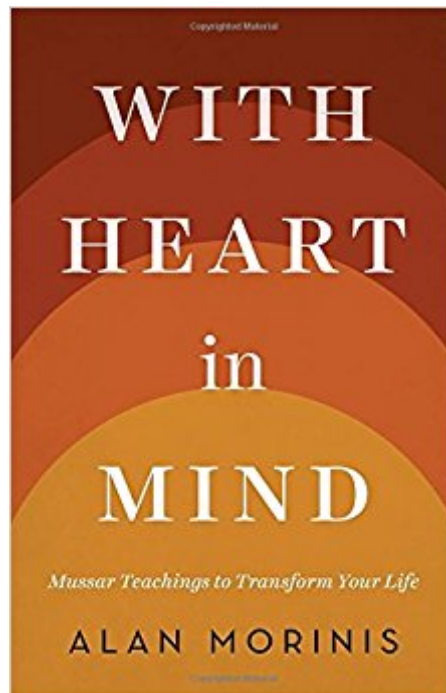




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# With Heart In Mind: Mussar Teachings To Transform Your Life



## Synopsis

A weekly spiritual practice for developing a strong and open heart—drawn from Judaism's Mussar tradition—Mussar draws from the vast storehouse of Jewish wisdom, law, revelation, and text and brings it right home in a way that is completely practical. Judaism teaches that Torah (the collective wisdom of the tradition) provides the blueprint for human experience—and so the more of it we acquire, the more we gain a clearer, truer perspective on life and learn how to navigate its pathways. The phrase “acquiring Torah” is code for the process of internalizing this wisdom to bring about a genuine transformation of the inner self. In short, accessible chapters, this book describes forty-eight methods through which we can acquire Torah—and turns them into a straightforward practice. These methods include cultivating humility, joy, awe, goodheartedness, closeness with friends, not taking credit for oneself, judging others favorably, and so on. The fruits of working through each quality or method are a refined soul and a strong and open heart.

## Book Information

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## Customer Reviews

ALAN MORINIS is the founder and director of the Mussar Institute ([www.mussarinstitute.org](http://www.mussarinstitute.org)), an organization that promotes the study of Mussar through study groups, courses, and public talks. He has been a student of the Mussar tradition since 1997, training under Rabbi Yechiel Yitzchok Perr. He is also the author of *Everyday Holiness*, *Climbing Jacob's Ladder*, and *Every Day, Holy Day*.

Another wonderful book by the person who has introduced Mussar to a new generation and has revealed its powerful, transformative essence. The insights and practices described in this book can change your life in a lasting way, and while Mussar is a Jewish spiritual practice, it turns out that non-Jews as well as Jews have benefited enormously from its teachings, which Morinis continues to present in a clear, precise, and inspiring way. If you have ever found yourself perusing the Judaica, Religion, Self-Help, Psychology, or Spirituality sections of a bookstore, you probably have been looking for this book, So buy it and then buy another copy for anyone you deeply care about..

This is a collection of thoughtful and interesting weekly lessons on 48 principles of Mussar, a Jewish approach to improving yourself. Many of these lessons and exercises help you explore the topic in some depth, helping you to learn how to see more deeply into Jewish teachings. Alan Morinis has written several books on Mussar. I think this is his best since his excellent first book *À Climbing Jacob's Ladder: One Man's Journey to Rediscover a Jewish Spiritual Tradition*.

This has been one of the greatest helps in my Christian journey! I highly recommend it for any godly person seeking spiritual growth!

Just the kind of thoughtful examination of life I was looking for.

Great book

Useful for all levels of Mussar.

Wonderful teachings

Great.

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