

<<了解Tanya>>

图书基本信息

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内容概要

Understanding the Tanya guides the reader through one of the most extraordinary books of moral teachings ever written. The Tanya is a seminal document in both the study of Hasidic thought and of Kabbalah—Jewish mysticism. With a keen understanding of the profound struggles within the human soul, the Tanya helps us understand how we can raise ourselves to higher and higher spiritual levels. Timeless in its approach, the Tanya addresses specific moral problems and dilemmas and delves into their root causes, distilling the universal predicaments of humankind and offering solutions that can change the way we view ourselves and conduct our lives. The Tanya explores the workings of the soul and examines the complexities, doubts, and drives within all of us as expressions of a single basic problem—the struggle between our Godly and animal souls.

书籍目录

Acknowledgments. A Note About Gender. Preface. Introduction. Publisher ' s Note. THE TANYA. Chapter 27. Chapter 28. Chapter 29. Chapter 30. Chapter 31. Chapter 32. Chapter 33. Chapter 34. Chapter 35. Chapter 36. Chapter 37. Glossary. Notes. The Author. Index.

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