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Everyday Holiness is an introductory text for anyone who is interested in practicing Mussar. Mussar is a lesser known but quite old Jewish spiritual practice that focuses on helping people improve their "soul traits" (i.e., personality characteristics, such as generosity, humility, loving-kindness, orderliness, and trust) through a series of relatively straightforward and practical steps.

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Everyday holiness: the Jewish spiritual path of mussar / Alan Morinis.—1st ed. p. cm. isbn 978-1-59030-368-9 (alk. paper) 1. Spiritual life—Judaism. 2. Jewish ethics. 3. Musar movement. 4. Self-actualization (Psychology)—Religious aspects—Judaism. I. Title. bm723.m68 2007 296.7—dc22 2007006503 everyday holiness final 3/14/07 3:13 PM ...

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Everyday Holiness. Mussar is an illuminating, approachable, and highly practical set of teachings for cultivating personal growth and spiritual realization in the midst of day-to-day life. Here is an accessible and inspiring introduction to this Jewish spiritual path, which until lately has been best known in the world of Orthodox Judaism.

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Everyday Holiness The Jewish Spiritual Path of Mussar. ... He also discusses the importance of the inner adversary, identifying your spiritual curriculum, and beginning a daily practice. Everyday Holiness is an exceptional resource in that it shows how true spiritual transformation can take place in your life one day at a time.

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## **Table of contents for Everyday holiness : the Jewish ...**

Everyday Holiness: The Jewish Spiritual Path of Mussar (2008) Every Day, Holy Day: 365 Days of Teachings and Practices from the Jewish Tradition of Mussar (2010) With Heart in Mind: Mussar Teachings to Transform Your Life (2014) References ...

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