

# TABLE OF CONTENTS

**Introductory** ..... 2

# INTRODUCTORY



## POCKET SIZE POWER-PACK SET

This collection of 5 powerful booklets of inspiration and hope can travel with you wherever you go

**Restore My Soul** - filled with hope and inspiration not to give up and to keep on going even when things are tight .1

**Outpouring of the Soul** - Inspiration to practice personal and secluded prayer and meditation, know as *hitbodedut* .2

**Rebbe Nachman's Tikkun** - The specific 10 Psalms which, as revealed by Rebbe Nachman, have the power to rectify the damage caused by even the worst sins and blemishes .3

**The Treasury of Unearned Gifts** - Rebbe Nachman's seminal teaching (*Likutey Moharan II*, lesson 78) of how despair does not exist and that there is always hope .4

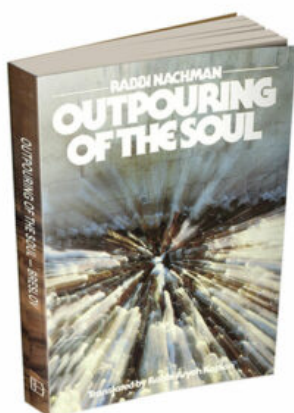
**Healing Leaves** - sweet but powerful excerpts of hope and inspiration culled from the heartwarming letters of Reb Noson to his son Reb Yitzchak .5

Softcover

[Read more](#)

**SKU:** PPP-1

**Price:** ₪112.00



## OUTPOURING OF THE SOUL - NEW EDITION

This handbook of the Rebbe Nachman's teachings on prayer includes Rabbi Kaplan's scholarly introduction placing *hitbodedut* in the context of the history of Jewish prayer and meditation

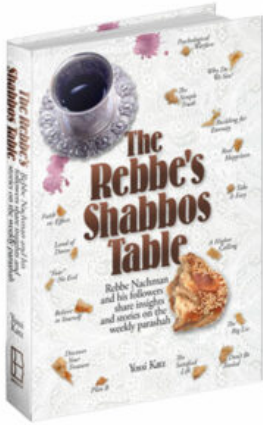
Softcover. 96 pages.

"Size: 4.5" x 6.5

[Read more](#)

**SKU:** OUTZ10

**Price:** ₪17.00



## THE REBBE'S SHABBOS TABLE

Here is a collection of insights on the weekly *parashah* and Jewish holidays unlike any you've ever seen. Based on the teachings of Rebbe Nachman, each pinpoints a difficult question, concept or mitzvah found in the *parashah* and shows how the answer leads to greater self-awareness and spiritual growth. The question-and-answer format and contemporary language engage .readers (and listeners) of all backgrounds

[Read more](#)

**SKU:** N/A

₪75.00 **:Price**



## BETWEEN ME & YOU

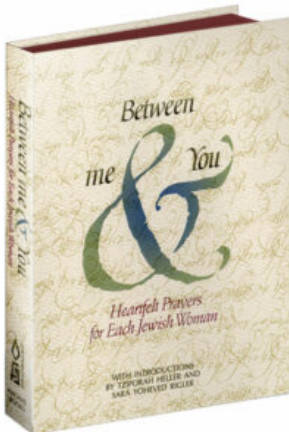
Prayers for women, in English and Hebrew, drawn from the words of Rav .Noson's Likutey Tefilot

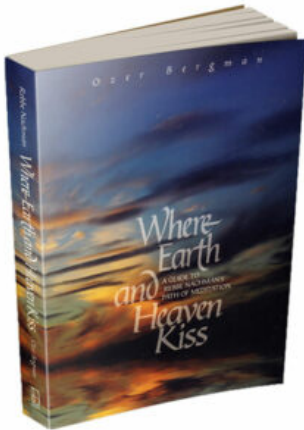
Adapted by Yitzchok Bell  
Compact Soft Cover / 351 pages

[Read more](#)

**SKU:** BETSOMWJ13

₪15.99 **:Price**





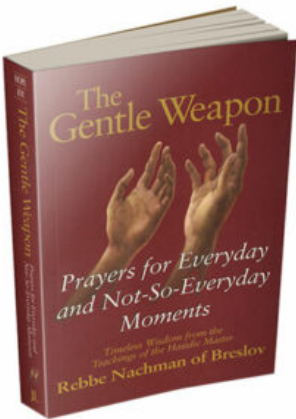
## WHERE EARTH AND HEAVEN KISS

Rebbe Nachman of Breslov recommended the practice called hitbodedut. This is a how-to book

[Read more](#)

**SKU:** WHE11

₪59.00 **:Price**



## THE GENTLE WEAPON

These soul-stirring prayers strengthen the heart while bringing us closer to God and a deeper understanding of ourselves

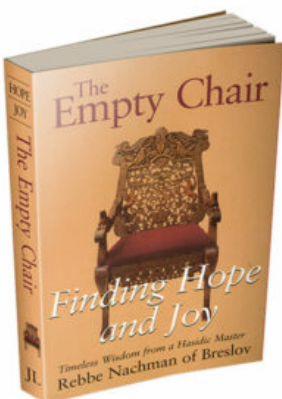
Softcover. 119 pages.

"Size: 4" x 6

[Read more](#)

**SKU:** THED1

₪49.00 **:Price**



## THE EMPTY CHAIR

A treasury of insights and advice for living joyously and spiritually, designed for people of all faiths and even of no faith

Published by Jewish Lights

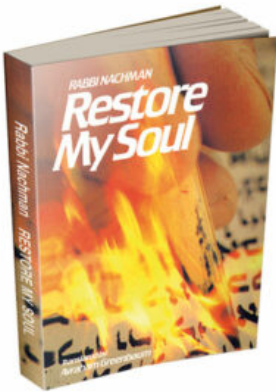
Softcover. 114 pages.

"Size: 4" x 6

[Read more](#)

**SKU:** THE710

₪49.00 **:Price**



# RESTORE MY SOUL

Completely New Edition

Translated by Avraham Greenbaum

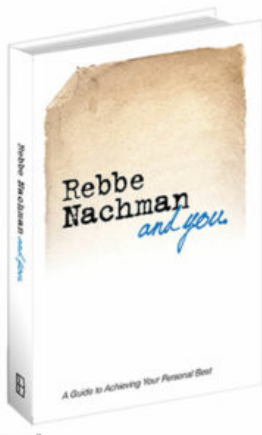
No situation is so desperate that it cannot be turned to good. This is a book for everyone, no matter what their station in life. From the people of the *Tanakh* to the present day, no one is immune from the feelings of hopelessness and depression that worm their way into the best-laid plans and dreams. Yet giving up should not be in our vocabulary; instead, a life of positivity and joy awaits those who know the tools to succeed

The classic Breslov work, *Meshivat Nefesh*, gives you those tools. Compiled by Reb Alter of Teplik, one of the leading Breslover chassidim in Europe in the early 20<sup>th</sup> century, it presents key teachings from Rebbe Nachman and his main disciple, Reb Noson, that point the way to inner fortitude and optimism. Beautifully typeset in a pocket-size, softcover English-language edition, this volume is perfect for daily study. With it, you can put hopelessness and despair aside, and draw from the wellsprings of joy and spiritual strength to live the life you desire

[Read more](#)

**SKU:** RESR5

**£17.00 :Price**



# REBBE NACHMAN AND YOU

.How the wisdom of Rebbe Nachman of Breslov can change your life

[Read more](#)

**SKU:** REB56RXX3

**£39.00 :Price**

**REBBE NACHMAN AND YOU**  
HOW THE WISDOM OF REBBE NACHMAN OF BRESLOV CAN CHANGE YOUR LIFE

CLARE KEANE

INTRODUCTION

TABLE OF CONTENTS

INTRODUCTION	4
PART I: FOUNDATIONS	
1. What is Rebbe Nachman?	15
2. What is Breslov?	18
3. Why read?	23
4. How does Rebbe Nachman speak to her?	27
PART II: MESHIVAT NEFESH	
5. What is Meshivat Nefesh?	31
6. What is the goal?	40
7. What is the path?	47
8. What is the reward?	52

**INTRODUCTION**

THE REBBI'S WISDOM IS THE KEY TO A BETTER LIFE. REBBE NACHMAN OF BRESLOV IS THE GREATEST SPIRITUAL LEADER OF HIS TIME, AND HIS TEACHINGS HAVE INSPIRED MILLIONS OF PEOPLE TO LIVE A LIFE OF JOY AND MEANING. THIS BOOK IS A GUIDE TO ACHIEVING YOUR PERSONAL BEST THROUGH THE WISDOM OF REBBE NACHMAN OF BRESLOV.

...the ... ..  
 ... ..  
 ... ..  
 ... ..  
 ... ..

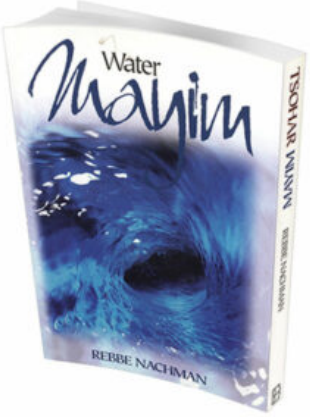
LET'S GET ACQUAINTED

... ..  
 ... ..  
 ... ..  
 ... ..

... ..  
 ... ..  
 ... ..

1 WHO IS REBBE NACHMAN?

... ..  
 ... ..  
 ... ..  
 ... ..



**LIGHT - TSOHAR, WATER - MAYIM**

Rebbe Nachman's Tsohar (Light) teaches us how to bring light into all situations and illuminate the path to our real selves

In Mayim (Water), Rebbe Nachman explores the idea of free will based on the Talmudic account of the four Sages who entered Paradise

[Read more](#)  
**SKU:** LIGF1  
**Price** ₪26.00



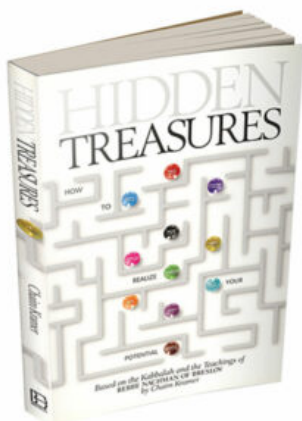
**HEALING LEAVES, PRESCRIPTIONS FOR INNER STRENGTH, MEANING AND HOPE - NEW EDITION**

This handy, pocket-sized volume collects the inspiring words and advice disseminated by Reb Noson of Breslov in the many letters he wrote to his son and disciples

The new 2021 revised edition includes completely new typesetting, high quality gloss paper and a user-friendly binding

Softcover. 128 pages.  
 Size: 4" x 6"

[Read more](#)  
**SKU:** HEAR10  
**Price** ₪26.00



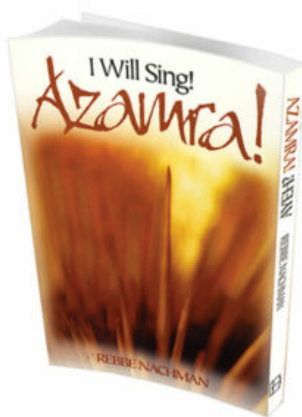
## HIDDEN TREASURES

In this book, Rebbe Nachman elucidates one of the first secrets of Creation ? how God went about creating the world as we know it ? and applies its lessons to our own quest for physical, financial, emotional and spiritual .success

[Read more](#)

**SKU:** HIDT1

₪43.00 **:Price**



## ?I WILL SING! - AZAMRA!, WHERE? - AYEH

In Azamra! (I will sing!), the Rebbe points the way to happiness ? by finding the "good points" in ourselves and others.

Rebbe Nachman's Ayeh? (Where?), ?shows us how to find hope in even the darkest, most desperate situations.

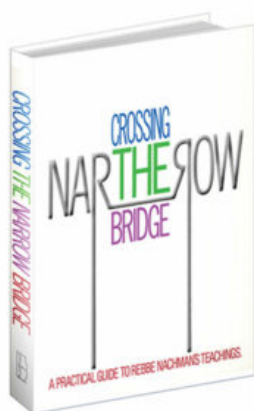
Softcover. 182 pages.

"Size: 4" x 6

[Read more](#)

**SKU:** IWJ2

₪26.00 **:Price**



## CROSSING THE NARROW BRIDGE

Rebbe Nachman said: "The world is a very narrow bridge. The main thing is not to be afraid." This upbeat, down-to-earth book gives clear, detailed .guidance for applying Rebbe Nachman's teachings to our everyday lives

"Size: 5.5" x 8.5

[Read more](#)

**SKU:** N/A

₪69.00 **:Price**



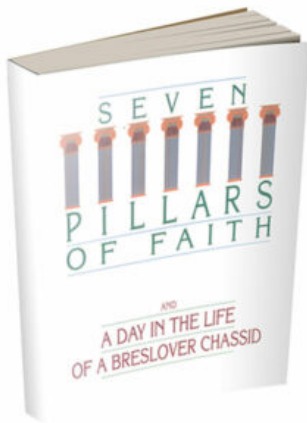


## BRESLOV INTRODUCTORY SET

[Read more](#)

**SKU:** N/A

₪160.00 **:Price**



## THE SEVEN PILLARS OF FAITH/A DAY IN THE LIFE OF A BRESLOVER CHASID

Translated by Avraham Greenbaum

Annotated by Chaim Kramer

This convenient, pocket-sized work presents a concise formulation of the seven basic principles which are at the root of all of Rebbe Nachman's teachings. To put these ideas into practice, Rabbi Yitzchak Breiter (d. 1943), a Breslover leader in prewar Poland, offers a Seder HaYom (Order of the Day) encompassing the spiritual practices most strongly emphasized by Rebbe Nachman ? including daily prayer, hitbodedut, study, eating in holiness, .earning a living, giving charity, and more

Softcover. 60 pages. Footnotes.

Size: 4.5" x 6"

[Read more](#)

**SKU:** THET5

₪13.00 **:Price**



# INDEX

## B

Between me &You 2

Breslov Introductory Set 7

## C

Crossing the Narrow Bridge 6

## H

Healing Leaves, Prescriptions for Inner Strength, Meaning and Hope - NEW EDITION 5

Hidden Treasures 6

## I

I Will Sing! - Azamra!, Where? - Ayeh? 6

## L

Light - Tsohar, Water - Mayim 5

## O

Outpouring of the Soul - NEW EDITION 1

## P

POCKET SIZE POWER-PACK SET 1

## R

Rebbe Nachman and You 4

Restore My Soul 4

## T

The Empty Chair 3

The Gentle Weapon 3

The Rebbe's Shabbos Table 2

The Seven Pillars of Faith/A Day in the Life of a Breslover Chasid 7

## W

Where Earth and Heaven Kiss 3