

## **Praise for *KABBALAH FOR INNER PEACE***

"This stimulating approach to health and well-being, by one of the leading authorities on healing through imagery unites teachings of the Kabbalah and visualization in a uniquely original form."□

- Perle Besserman, Author of *A New Kabbalah for Women*

"Dr. Gerald Epstein is a leading figure, internationally, in alternative medicine today. In this innovative book, he draws upon Kabbalistic teachings to enhance our mental, emotional, and physical health. I strongly recommend this work for everyone who seeks greater vitality and clarity in daily life."□

- Edward Hoffman, PhD, author of *The Way of Splendor: Jewish Mysticism and Modern Psychology*

"Jerry Epstein is a spiritual visionary who has managed to successfully bridge the worlds of tradition and modernity. His work illumines the great Western mystical traditions for contemporary practitioners and explorers. Above all, he includes workable practices so one can move from the intellectual to the experiential dimensions of the tradition, a major contribution toward awakening in our time."□

- E.H. Rick Jarow, Professor of Religious Studies, Vassar College  
Author of *Alchemy of Abundance*,□ *Creating the Work You Love*

"Dr. Epstein offers an original and insightful work in Kabbalah for Inner Peace. He presents in a concise and extremely coherent way what amounts to a new synthesis of Practical with Esoteric Kabbalistic thought: We transcend words (a goal of Esoteric Kabbalah) and turn to self-generated images to effect the physical and spiritual healing as well as improvement of the self (an aspect of Practical Kabbalah). Kabbalah for Inner Peace presents a means for connecting to the Divine Other by re-connecting to the innermost self."□

- Ori Z. Soltes, Professorial Lecturer in Theology and Art History, Georgetown University; Author of Our □ Sacred Signs: How Jewish, Christian and Muslim Art Draw from the Same Source

"This remarkable text is an amazing mental imagery trek from the fragmentation of our lives to connecting upward to the plateaus of the life-giving invisible universe – the universe of visionary, virtual spirituality. The introduction alone is worth the effort ☩ but what follows is life changing." □

- Ingo Swann, Renowned Paranormal Researcher Author of Natural ESP and The Nostradamus Factor

"Dr. Epstein offers readers tantalizing insights into the way Kabbalists have thought about and dealt with the daily worries and pains that beset us. He eloquently describes the tools we need to return to our senses and to root ourselves in our Present. With generosity, he shares short visualizations drawn from his patients' creative responses to restoring balance, patience and freshness to their day. If you wish to lift yourself out of your daily doldrums, do yourself a favor and read this book." □

- Catherine Shainberg, Ph. D., Author of Kabbalah and the Power of Dreaming