



Finding Joy: A Practical Spiritual Guide to Happiness

Dannel I. Schwartz, Mark Hass

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Searching for happiness in our modern world of stress and struggle is common; finding it is more unusual. This guide explores and explains how to find joy through a time-honored, creative—and surprisingly practical—approach based on Kabbalah and the teachings of Jewish mystics.

The very core of the Jewish mystical tradition is centered on the belief that if our focus is spiritual, then true appreciation of our lives, and true joy, are possible. Step by step, Finding Joy describes the basis of happiness in the context of Jewish mystical tradition and shows, in an easy-to-understand way, how we can use its concept of the 10 divine “rays of light,” the Sefirot, to remedy the everyday unhappiness in our lives. Clear, creative, personal, and down-to-earth, Finding Joy introduces the ancient insights of the Jewish mystics, and offers practical week-by-week exercises for the soul which bring them into our daily routines. Finding Joy is not an instant cure for modern life’s burdens. Instead, it’s a guide to a time-honored method for thinking and living...and finding real joy.

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