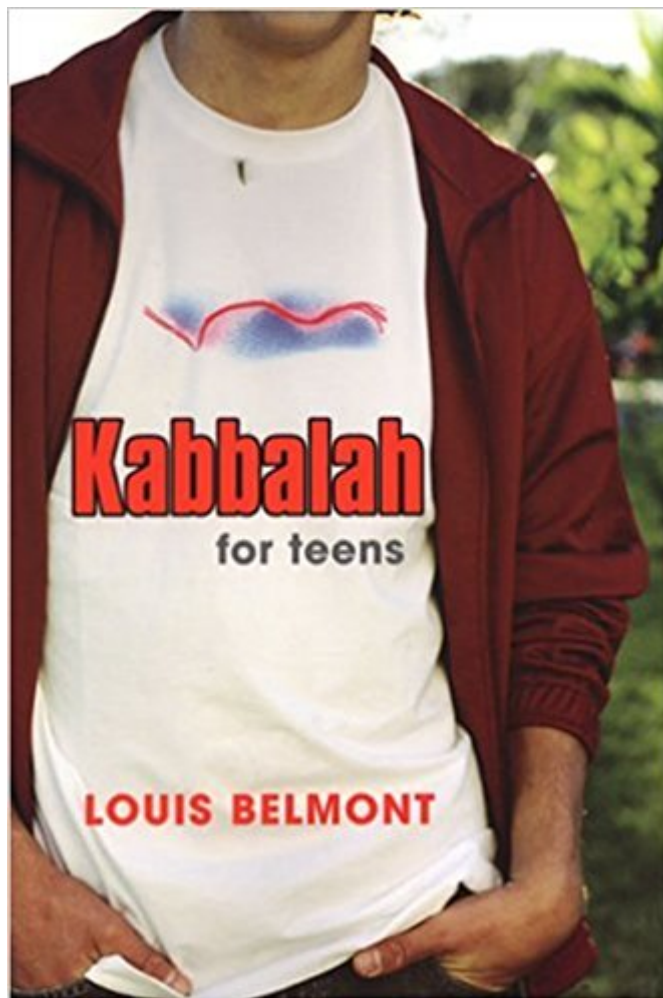




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# Kabbalah For Teens



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## Synopsis

Unlock the secrets of the universe Right now, you're facing challenges in every area of life, choices to be made regarding relationships, future goals, even what you're going to do on your summer vacation! There are moments, sometimes days, when everything seems totally out of control. School, self-esteem, independence&#85;couldn't somebody have already figured all this out?! They have, and through the wisdom of Kabbalah you too can find the answers. Kabbalah is speaking with intensity to many: Madonna, Gwyneth Paltrow, Britney Spears, Rosie O'Donnell, Deepak Chopra. It is an ancient and deeply insightful spiritual system, not a religion, that can teach you to understand what's happening and help you make choices you'll feel good about. In fact, by being proactive, you can turn events to your advantage, in a completely positive way. With Kabbalah for Teens, you'll learn how to: Understand your friends, your parents'and yourself&#85; Receive in order to share Put an end to fights and anger'and the feeling that you always have to "win" Deal with morality issues Become your best, most confident self! And much more! Discover a powerful, practical way to gain the happiness you deserve and enrich the world around you'for life.

## Book Information

Paperback: 224 pages

Publisher: Citadel (April 5, 2005)

Language: English

ISBN-10: 0806525886

ISBN-13: 978-0806525884

Product Dimensions: 5.9 x 0.6 x 8.8 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,963,110 in Books (See Top 100 in Books) #62 in [Books > Teens > Religion & Spirituality > Judaism](#) #1092 in [Books > Religion & Spirituality > Judaism > Kabbalah & Mysticism](#) #53591 in [Books > Religion & Spirituality > New Age & Spirituality](#)

## Customer Reviews

Louis Belmont is a lifelong student of Kabbalah and other spiritual traditions. He lives near Atlanta, Georgia, with his wife and children.

In an easy-to-read style, the author outlines the ten principles of Kabbalah, showing teens how they

can apply these to their daily life. Each chapter explains a concept, or "Sefirah," then shows teens how they can use that concept in order to make good choices for themselves. Belmont has written a sort of a self-help book which teens and adults who are interested in the Kabbalah on this level, as a "deeply spiritual system," will enjoy reading. With the heightened interest in the subject, thanks to such personalities as Madonna and Deepak Chopra, this will be a useful purchase as a beginning introduction to Kabbalah. The author is a life-long student of Kabbalah, and stresses that the principles aren't easy, but that studying it "can provide a set of tools for making one's life better in every way." Recommended for ages 12 and up. Reviewed by Andrea Davidson

It's rare to find an author who knows how to write for adolescents without talking down to them. In this fine work, Belmont ably demonstrates not only his deep and thorough understanding of Kabbalistic principles and teachings, but an empathy and respect for his audience that goes far beyond the levels attained by most authors writing for young adults. Belmont draws compelling connections between traditional Biblical and Kabbalistic tales and the contemporarily-set stories with which he peppers each chapter. The book's organization, with each chapter relating to a different sefirah of the Tree of Life, makes it easy to follow and understand without undermining its ability to communicate sophisticated philosophical and spiritual concepts. This book is highly recommended for anyone with a budding interest in the popular study of Kabbalah, teen or adult.

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