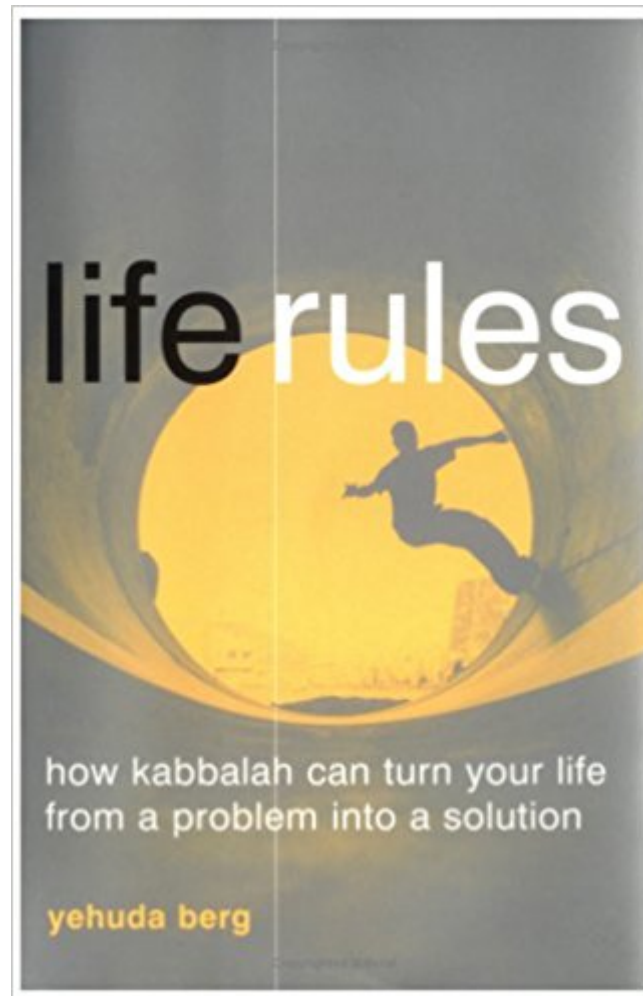




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Life Rules



Synopsis

The potent social, emotional, and material pressures of the teenage years make for a uniquely pivotal and stressful time. For young people negotiating this challenging part of life, *The Power of Kabbalah for Teens* offers a practical method for finding inner strength and sense of self through the wisdom of the Kabbalah, a Jewish mystical Scripture. Renowned Kabbalist Yehuda Berg guides readers through 13 steps that help teens to establish firm control of their own decisions and locate a path to the lasting happiness they seek. Each step is carefully explained with real-world examples, and every chapter closes with a detailed exercise encouraging the reader to apply the steps to their lives. A special section discusses issues related to alcohol, sex, abuse, eating disorders, education, family ties, dating, depression, rebellion, and friendship. The useful guide also features an introduction by Ashton Kutcher.

Book Information

Age Range: 12 and up

Paperback: 140 pages

Publisher: Kabbalah Publishing; 1st Printing edition (February 10, 2005)

Language: English

ISBN-10: 1571892990

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Product Dimensions: 8 x 5.3 x 0.8 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #821,832 in Books (See Top 100 in Books) #33 in Books > Teens > Religion & Spirituality > Judaism #91 in Books > Teens > Personal Health > Body, Mind & Spirit #134 in Books > Children's Books > Religions > Judaism

Customer Reviews

I purchased this book for my 15 year old granddaughter. Upon arrival I realized it was too "wordy" for her. I read the book and loved/love it. I refer to it throughout my week.

I love this book! My father gave this to me a few years back and it was a great introduction into Kabbalah. It was very easy to understand and relate to as a teen. And occasionally I reread it just to keep things fresh in my brain

"I purchased this book for my 13 year old son to read. When it arrived I decided that I should read it first, just because I check everything out that affects his life to make sure it is something he needs to internally process. WOW, am I glad I did! This book is a wonderful, positive, powerful message for all the world to read. Since my family has read the book, we have loaned our copy to other family members with hopes of it bringing a change to their life. If you have never read or heard of these two words...Proactive and Reactive then they are something you must know about. They have the power to change your life and to change the lives of those around you!By the way, this is a PROACTIVE statement :) !!!"

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