



Minding the Temple of the Soul: Balancing Body, Mind & Spirit through Traditional Jewish Prayer, Movement and Meditation

Tamar Frankiel, Judy Greenfeld

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This new spiritual approach to wholeness of body, mind and soul uses Kabbalistic teachings and other Jewish traditions to introduce us to a spiritual tradition that affirms the body and enables us to reconceive our bodies in a positive light and be more responsible for our own spiritual and physical health. Each chapter offers meditations and simple movement exercises to provide a framework for new thinking about body, mind, and soul.

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