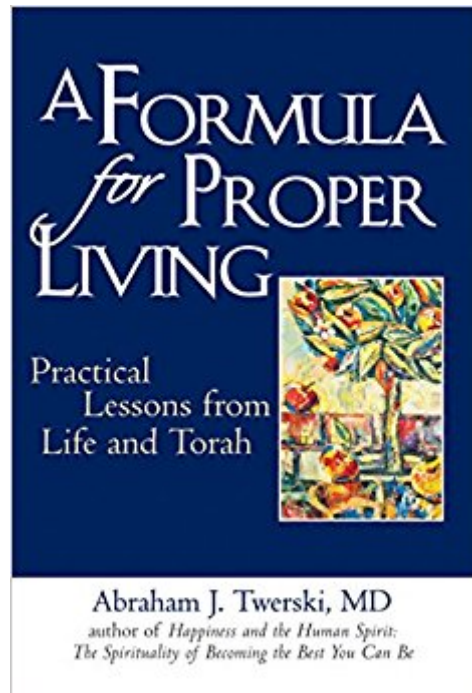


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# A Formula For Proper Living: Practical Lessons From Life And Torah



## Synopsis

Extraordinary wisdom to help you understand yourself, lead your life and deal with other people."As human beings, we have instincts for both good and evil, conscious and unconscious. To rectify ourselvesâ •to live spiritually and properlyâ •involves getting a handle on these impulses."â •from the IntroductionIn this special book of practical wisdom, Dr. Abraham J. Twerski draws from his extensive professional experience as a psychiatrist and spiritual counselor, a life-long student of Jewish wisdom texts, and his personal experience as a son of a wise Chassidic rabbi to give us practical lessons for life that we can put to day-to-day use in dealing with ourselves and others.In a presentation as warm and witty as it is profound, Dr. Twerski combines lively anecdotes, personal musings and insights and wisdom from sources ranging from Freud to the great Talmudic and Torah scholars throughout the ages. And with deep compassion and refreshing candor, he shows how these wisdom teachings can guide us in all moments of our lives, whatever our faith tradition.

## Book Information

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## Customer Reviews

There are many self help books on the market filled with catchy titles, arousing anecdotes and beneficial advice. Dr. Twerski is more than qualified to offer his version, and his offer is a delight. He is a tenth generation descendant of the famous founder of Jewish mysticism "The Baal Shem Tov," a man who inspired millions. He is both a psychiatrist and a rabbi and draws his teachings from both secular and Jewish sources, with a reliance and emphasis on the latter. Twerski talks eloquently about many subjects that concern people, subjects that can help them improve and live a better life. He describes what drives people, the meaning of freedom, the unconscious, self esteem, feelings of

inferiority, the death instinct, preparing for the worst, how to overcome problems, and finding the valuable diamond embedded in our personality, to mentions just a few. Twerski's insights are sharp, incisive and frequently surprising. For instance, a person with feelings of low self-esteem will have difficulty accepting favors from other people because "receiving help from anyone can trigger feelings of inadequacy." Twerski raises significant questions, significant because they can prompt readers to alter their attitudes and behaviors. For example, can an emotion - such as love of God or of neighbors or not to covet another man's wife - be legislated? Twerski answers "yes." Affection is determined by deeds: "you can generate love for another person by acting in the way you would if you indeed loved that person." Twerski writes that the common notion that "you give to those whom you love" is backward. "You love those to whom you give." His insight reflects the adage: a sad person can become happy by smiling. Twerski quotes sparkling maxims, such as: "The world is a mirror.

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