



# Connecting to God: Ancient Kabbalah and Modern Psychology

*Abner Weiss*



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**Connecting to God: Ancient Kabbalah and Modern Psychology** Abner Weiss

Distinguished rabbi, marriage and family therapist, kabbalist, and popular lecturer, Abner Weiss is extraordinarily qualified to write this book. In *Connecting to God*, he elucidates the teachings of Kabbalah, showing how the Ten *Sefirot* of the Tree of Life are the transformers of divine energy in our bodies and the building blocks of creation—Weiss calls them “our spiritual genome.”

He has created a psychological system and diagnostic method from kabbalistic texts, and he uses these clinically tested interventions in his therapeutic practice. Here he tells twenty-eight stories of people he has helped liberate from their dysfunctional behavior, empowering them to achieve spiritual growth. With Rabbi Weiss as our guide, we can use this kabbalistic approach to psychology to inform our lives with its insights, rebalance what is out of kilter, and heal the emotional wounds we have suffered. *Connecting to God* is a wise, wonderful, and transformational book.

*From the Hardcover edition.*



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