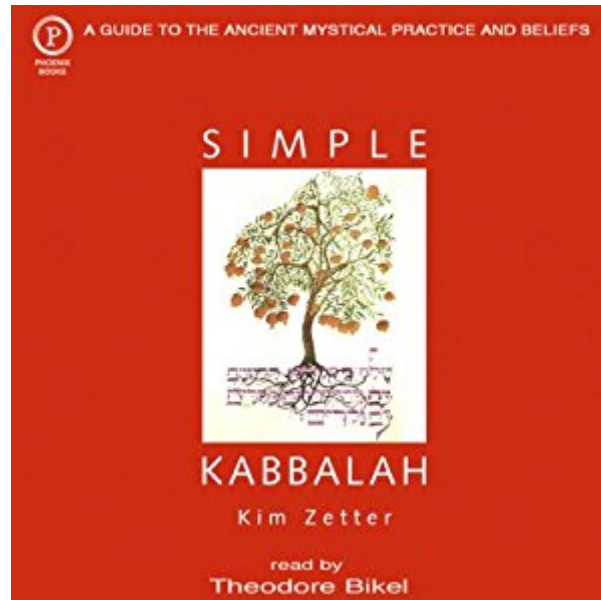




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Simple Kabbalah



Synopsis

Simple Kabbalah shows how to bring esoteric knowledge into everyday life. Scholar Kim Zetter presents a brief history of ancient kabbalistic beliefs, explaining key tenets and the main symbol, the Tree of Life. Meditations and exercises help listeners learn to use kabbalah to calm the mind, sharpen awareness, and improve relationships.

Book Information

Audible Audio Edition

Listening Length: 4 hours and 5 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Phoenix Books

Audible.com Release Date: May 21, 2013

Language: English

ASIN: B00CX9MBUS

Best Sellers Rank: #102 in Books > Audible Audiobooks > Religion & Spirituality > Judaism

#520 in Books > Religion & Spirituality > Judaism > Kabbalah & Mysticism #1393 in Books >

Religion & Spirituality > Judaism > Sacred Writings

Customer Reviews

Presents an extremely cogent and readable introduction to Kabbalah. Allowed me to feel very comfortable with the concepts. I have re-read this book several times and come away each time with a better understanding. Thank you Kim Zetter. Joe G.

This is a book I use all the time but my original copy disappeared. It is a terrific basic book with easy to follow information.

Kim Zetter details the esoteric teachings of the Cabala in simple, yet detailed writings. This book is great for the beginner or for anyone looking for some info on the teachings of Cabala because it is very thought-out and informative. I first became interested in Cabala a few years ago. I was riding on a train and started talking to a lady sitting next to me who told me about these wonderful teachings. Unfortunately for me, and for people like me, there weren't many resources besides this book. I have seen and read other books but they were rather complicated and difficult to understand. This book taught me many things. One of the main messages I learned is that no book

holds the key to happiness. I do not believe Cabala is a secret answer or cure for anything. Rather it will enhance your life if you invite it in.

A delightful read with clarity that belies its size and page count, Simple Kabbalah is just that. An easy to understand, insightful and educational book on a very intricate and complicated subject. Detailed yet comprehensible, most every aspect of this mystical art is touch upon and illuminated. Though reading this book will not make anyone an expert on Jewish Mysticism, it conclusively dispels many of the misconceptions about Kabbalah and give an excellent historical account of its inceptions and beginnings as well as its current place and posture in today's world. All objectively and readily. Very well written in concise chapters with excellent illustrations, this is a great place to begin a journey into Kabbalah or to refresh your knowledge of this mystical art. You don't have to be Jewish and you don't have to be a scholar to enjoy and learn from this charming little book.

I am very interested in learning Kabbalah, and this book got me hooked! It is very easy to understand, seems to hit all the major facts and concepts and is wonderfully written. It is like a textbook of Kabbalah 101 for me, I am highlighting things and writing in the margins, but I will never sell it back! :) It is a great reference book that I am sure I will go back to again and again and read many times over, no matter how far I get in my studies of Kabbalah. If you are on the fence, BUY IT!! You won't be sorry. One thing I also like about the book, it states traditional Kabbalah belief, not radical or cult-ish belief as in some other books.

This is probably the best introduction to Kabbalah available. The author introduces Kabbalah through an interesting overview of its history and then delves into the main ideas. Two of these chapters are exceptional because the ideas they address are usually not included in other introductory books: the chapter about God and the introduction to Genesis according to Kabbalah. The final chapters analyze the Tree of Life, always pointing how this knowledge can be utilized for our own growth. Although I've only finished the book last week, I know I'll read it again soon.

This is the first book on Kabbalah I read and I am glad it was. Kabbalah is a very complicated subject, but Kim does an excellent job of getting the basics down. Chapters are short enough that you don't feel overwhelmed w/info. You could finish this book, as I did, in a weekend.

Its hard to imagine taking such a complex topic and creating a book that explains it without speaking down to the reader. Simply one of the best explanatory treatises I've ever read and thoroughly enjoyed. A masterpiece!

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