



# Twerski on Spirituality

*Abraham J. Twerski, Abraham J. Twerski*

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This is a time when "spirituality" is in, especially if it is of the do-it-yourself variety. Undoubtedly it is a backlash against the prevailing onslaught of hedonism and agnosticism. But spiritualism unguided by core values is hardly better than the alternative. In this book, Rabbi Dr. Twerski looks at dozens of topics in everyday life and peels away the veneer to find the potential for spiritual enrichment. He shows how to pour meaning into even seemingly mundane activities. To the person rooted in a rich system of values, there is no real vacuum in life; all the empty spaces can be filled with meaning. Twerski doesn't preach. He teaches by story, example, and experience. He is a writer who makes us smile as we think, who makes us wonder why we didn't think of that. Best of all, he makes us get up with chin up and shoulders straight, saying, "Adversity, I am stronger, smarter -- and more spiritual -- than you!" Dr. Twerski's earlier works, *Living Each Day*, *Living Each Week*, *Growing Each Day*, *Smiling Each Day*, *I Am I*, *Self Improvement? -- I'm Jewish!*, *Mesillas Yesharim -- Lights Along the Way*, *Positive Parenting*, *Not Just Stories*, *Getting Up When You're Down* and *Dearer Than Life* have established his position as a Torah scholar who possesses psychological insights that enhance application of Torah principles to everyday life.

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