

Brunch & Learn Holy Self Esteem for Women: Sunday, January 13th

written by Chaya Rivka Zwolinski
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Sunday, January 13th at 11:00 A.M

Holy Self-Esteem

with Chaya Rivka Zwolinski

A Brunch and Talk for Women

A FREE EVENT Hosted by Congregation Ahavas Yisrael
1587 Route 27 in Edison, NJ

Learn the differences between secular and Torah concepts of self-esteem, and take home inspirational insights and practical ideas to strengthen your own view of self.

Based on the teachings of Rebbe Nachman of Breslov, "Holy Self-Esteem" will show you the connection between authentic self-esteem, and your relationship with others and Hashem.

Chaya Rivka Zwolinski, Director of BRI Women, is a teacher, speaker and author based in Brooklyn, New York. You can find her at Breslov.org and BreslovCampus.org.

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SPINNINGGINNY@GMAIL.COM

*Presented by Congregation Ahavas Yisrael of Edison, NJ
The Breslov Research Institute*

Program and Brunch Sponsored by Rabbi Gil and Dr. Elinor Bashe