

Get Rid of Depression (But Keep Your Broken Heart)

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<https://www.youtube.com/watch?v=SXsv3tgjGUY>

Rebbe Nachman explains that there is a huge difference between depression—that heavy, dark sadness that hangs like a heavy cloud around you—and a broken heart. A broken-hearted yearning—to make things better, to come closer to God, to fix one’s life—is a healthy response to a difficult world. Rebbe Nachman’s deep understanding of the many feelings and emotions that make up our psycho spiritual reality are essential for life. Chaya Rivka Zwolinski explains.