

# Live Shiur: Holy Self Esteem

written by Chaya Rivka Zwolinski  
January 23, 2019



*L'iluy Nishmas Cheena Rochel bas Chaim Menachem*

In Holy Self Esteem, recorded live at the Ahavas Yisrael shul in Edison, NJ, January 13, 2019, BRI Women's Chaya Rivka Zwolinski speaks to the essentially holy responsibility each of us has to not only have faith in and believe in Hashem but also to have faith in and believe in ourselves. Based on Rebbe Nachman's lesson in Likutey Moharan, Azamra.

This brunch and talk was sponsored by Reb Gil and Dr. Elinor Bashe, hosted by Ahavas Yisrael and the AY Women's learning group, and produced by the Breslov Research Institute and BRI Women. To host a talk, workshop, or Shabbaton for your group or community, email [briwomen@breslov.org](mailto:briwomen@breslov.org) or call 1-800-33-Breslov.