

# The Land of Growth & Transformation | Likutey Moharan #155

written by Shaya Sussman  
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How do we stay away from depression? How do we live more satisfying lives? How do we become more patient? What is true Emunah? Where does Emunah come from? What are the unique features of Israel?

Sources:

Likutey Moharan Lesson 155

Rabbi Berel Wein Audio about Eretz Yisrael (6/15/20)

<https://www.freeconferencecall.com/>

## Topics Discussed:

Feeling Happy

Staying away from depression

Emuna

Eretz Yisrael – Israel

Mindfulness & deep breathing

Growth & Transformation

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\*If you're interested in other class on Rebbe Nachman click here: <https://soundcloud.com/shaya-sussman/...>

\*Click here for my YouTube Channel: Shaya Sussman Counseling <https://www.youtube.com/channel/UCsr2...>

\*Click here for Instagram: [www.instagram.com/shaya\\_sussman\\_lcsw/](http://www.instagram.com/shaya_sussman_lcsw/)

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<https://shayasussman.com/>

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