

Turning Depression into Happiness | Likutey Moharan Tinyana #23

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https://www.youtube.com/watch?v=aQy5326K3_w

In this class we learn how to turn the worst things in our lives into happiness and a source of joy. Whether you're struggling emotionally with anxiety, depression, worry, sadness, addiction or just feeling lost. YOU CAN HEAL! Rebbe Nachman teaches it's possible to use your pain as a springboard for emotional contentment and happiness.

Sources:

Likutey Moharan Tinyana Lesson #23

Likutey Halachot. Hilchot Pirya V'Rivya #3:1 – 3:13

Shiurim on Neludos Tovos
<https://soundcloud.com/shaya-sussman/breslov-11-lekutey-maharan>

*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/

<https://shayasussman.com/>

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