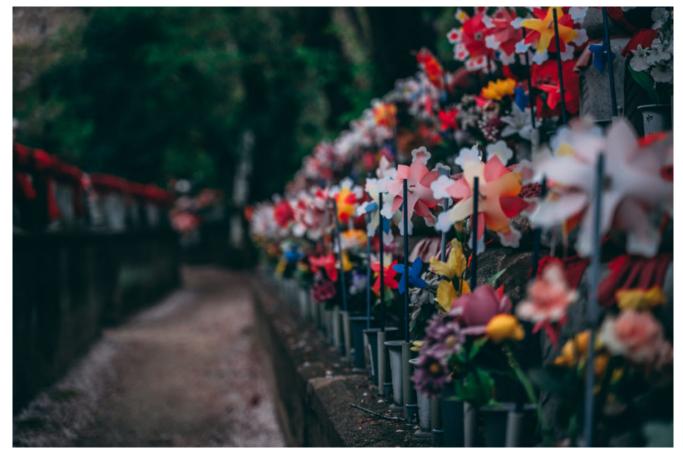
Why do we suffer? | Graden of souls (part 2) | Shaya Sussman, LCSW

written by Shaya Sussman March 1, 2021



https://youtu.be/xg42xKxRnx4

In this class Rebbe Nachman teaches: Why do we suffer? Where does pain come from? How to deal with emotional greif and pain?

Sources: Lekutey Maharan Lesson #65

Dr. Stephen Covey. The 7 Habits of Highly Effective People. Pg 112