

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

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<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 Maharar Lesson #65

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

