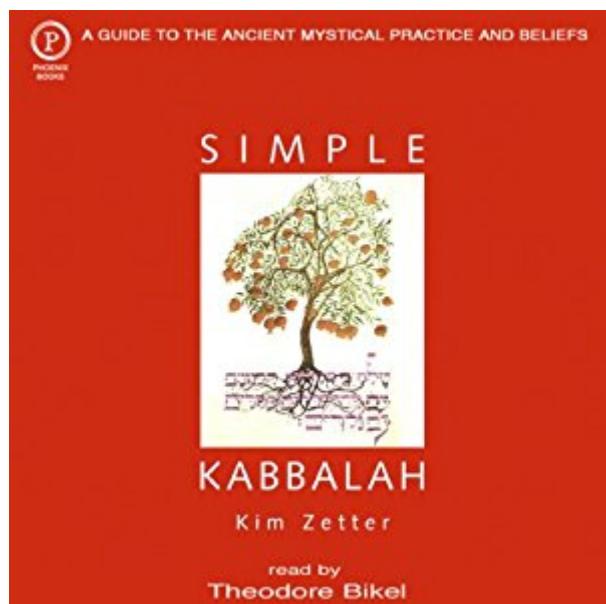


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# Simple Kabbalah



## **Synopsis**

Simple Kabbalah shows how to bring esoteric knowledge into everyday life. Scholar Kim Zetter presents a brief history of ancient kabbalistic beliefs, explaining key tenets and the main symbol, the Tree of Life. Meditations and exercises help listeners learn to use kabbalah to calm the mind, sharpen awareness, and improve relationships.

## **Book Information**

Audible Audio Edition

Listening Length: 4 hours and 5 minutes

Program Type: Audiobook

Version: Unabridged

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## **Customer Reviews**

This is probably the best introduction to Kabbalah available. The author introduces Kabbalah through an interesting overview of its history and then delves into the main ideas. Two of these chapters are exceptional because the ideas they address are usually not included in other introductory books: the chapter about God and the introduction to Genesis according to Kabbalah. The final chapters analyze the Tree of Life, always pointing how this knowledge can be utilized for our own growth. Although I've only finished the book last week, I know I'll read it again soon.

A delightful read with clarity that belies its size and page count, Simple Kabbalah is just that. An easy to understand, insightful and educational book on a very intricate and complicated subject. Detailed yet comprehensible, most every aspect of this mystical art is touched upon and illuminated. Though reading this book will not make anyone an expert on Jewish Mysticism, it conclusively dispels many of the misconceptions about Kabbalah and give an excellent historical account of its inceptions and beginnings as well as its current place and posture in today's world. All objectively and readily. Very well written in concise chapters with excellent illustrations, this is a

great place to begin a journey into Kabbalah or to refresh your knowledge of this mystical art. You don't have to be Jewish and you don't have to be a scholar to enjoy and learn from this charming little book.

I choose this book as my introduction to Kabalah and could not have been more pleased. It presented alot of material in a straight forward, easy to understand manner. An easy read, full of valuable information. Highly recommended!!

I am very interested in learning Kabbalah, and this book got me hooked! It is very easy to understand, seems to hit all the major facts and concepts and is wonderfully written. It is like a textbook of Kabbalah 101 for me, I am highlighting things and writing in the margins, but I will never sell it back! :) It is a great reference book that I am sure I will go back to again and again and read many times over, no matter how far I get in my studies of Kabbalah. If you are on the fence, BUY IT!! You won't be sorry. One thing I also like about the book, it states traditional Kabbalah belief, not radical or cult-ish belief as in some other books.

This is the first book on Kabbalah I read and I am gald it was. Kabbalah is a very complicated subject, but Kim does an excellent job of getting the basics down. Chapters are short enough that you don't feel overwhelmed w/info. You could finish this book, as I did, in a weekend.

Presents an extremely cogent and readable introduction to Kabbalah. Allowed me to feel very comfortable with the concepts. I have re-read this book several times and come away each time with a better understanding. Thank you Kim Zetter. Joe G.

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