



## **Healing of Soul, Healing of Body: Spiritual Leaders Unfold the Strength & Solace in Psalms**

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# Healing of Soul, Healing of Body: Spiritual Leaders Unfold the Strength & Solace in Psalms

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**A source of solace and a healing resource for those who are facing illness, as well as those who care for them.**

For centuries, people have turned to the Book of Psalms for solace, comfort, and catharsis, seeking guidance, meaning, hope, and reassurance—in short, spiritual healing.

This book is intended to help you—struggling with illness or helping someone who is—derive spiritual healing from Psalms. In the late 18th century, Rabbi Nachman of Breslov designated ten of the 150 entries in the Book of Psalms as “healing psalms,” and we present these ten to you, newly translated, for your personal exploration and expression.

"Acknowledging that the Biblical Psalms can be somewhat alien to many people, we asked ten spiritual leaders to provide a bridge, a form of access, to these ancient poems of pain and praise, of humility and hope."

—from the Introduction

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