



The Kabbalah of Envy: Transforming Hatred, Anger, and Other Negative Emotions

Rabbi Nilton Bonder

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Negative emotions have much to teach us about ourselves and our relationships with others and the world at large. Rabbi Bonder draws on the wisdom of the Talmud, Hasidic tales, and Jewish mystical lore in presenting insights into the effects of envy, jealousy, hatred, and anger. He shows that whether we are on the giving or the receiving end of these unpleasant emotions, we can learn to transform them and live peacefully in the spirit of the biblical commandment "Love thy neighbor as thyself." Among the topics discussed are: The consequences of malicious gossip, slander, and insults Cultivating humility as the middle way between pride and lack of self-esteem Learning to rejoice in the happiness and success of others Knowing when it's better not to be nice The proper way to correct or criticize others Living with ill-will and avoiding fights Forgiveness and reconciliation Turning your enemy into your best friend

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