



# Under the Table & How to Get Up: Jewish Pathways of Spiritual Growth

*Avraham Greenbaum*

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## **Under the Table & How to Get Up: Jewish Pathways of Spiritual Growth** Avraham Greenbaum

"The king's son had gone crazy. He thought he was a turkey. he felt he had to sit naked under the table and eat crumbs. None of the doctors could do anything for him... until a mysterious Wise Man appeared, sat down right next to the Prince, and cured him in a simple and highly original way."

UNDER THE TABLE & how to get up

takes an informal look at the most important issue we all face: how to discover ourselves and attain genuine fulfilment in life.

The funny but profound chassidic tale of "The Turkey-Prince" provides the framework for this handbook of easy-to-apply Jewish teachings on ways of developing the higher self.

Subjects covered include positive thinking , faith, Torah study, prayer, goal-achievement, relaxation,sensible diet, breathing, exercise, meditation, the power of words... and friendship

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