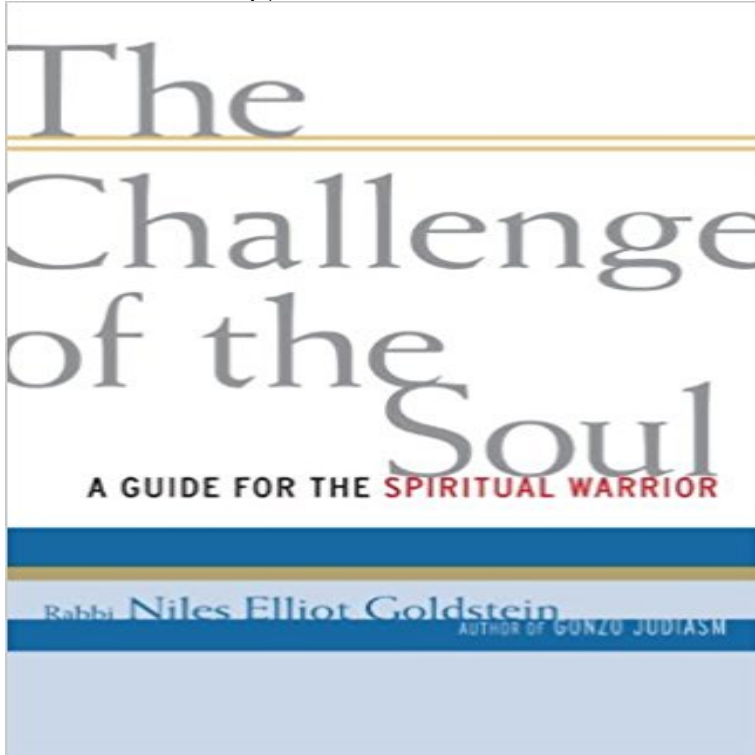


The Challenge of the Soul: A Guide for the Spiritual Warrior



In times of upheaval, many of us seek guidance from a spiritual mentor, someone who has confronted challenges and become a stronger person as a result. Here Rabbi Niles Elliot Goldstein draws from his own hard-won insights and personal experiences as a congregational rabbi, martial artist, FBI chaplain, and limit-pusher and interweaves them with the teachings of sages, biblical figures, and thinkers of all stripes to help us get beyond our own perceived limitations and face life's challenges with fearlessness and fortitude. Goldstein identifies eight essential qualities that he believes we must cultivate to live a life of self-empowerment and then uses a programmatic approach to explore these qualities and the ways we can develop them in ourselves. Rabbi Goldstein is known for challenging himself physically, mentally, and spiritually. He counseled law enforcement officers at Ground Zero, has traveled to numerous remote and inhospitable places to learn and teach, and has sought out difficult experiences to rigorously test himself and the meaning of his faith.

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