



Opening the Tanya: Discovering the Moral and Mystical Teachings of a Classic Work of Kabbalah

Rabbi Adin Steinsaltz

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Written by the great Hasidic master Rabbi Schneur Zalman of Liadi in the late eighteenth century, the *Tanya* is considered to be one of the most extraordinary books of moral teachings ever written.

A seminal document in the study of Kabbalah, the *Tanya* explores and solves the dilemmas of the human soul by arriving at the root causes of its struggles. Though it is a classic Jewish spiritual text, the *Tanya* and its present commentary take a broad and comprehensive approach that is not specific to Judaism nor tied to a particular personality type or time or point of view.

Opening the *Tanya* is a groundbreaking book that offers a definitive introduction, explanation, and commentary upon the *Tanya*. As relevant today as it was when it was first written more than two hundred years ago, the *Tanya* helps us to see the many thousands of complexities, doubts, and drives within us as expressions of a single basic problem, the struggle between our Godly Soul and our Animal Soul.

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