



Changing the World from the Inside Out: A *Mussar* Approach to Personal and Social Change

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Mussar has been described as helping the heart understand what the mind knows. It can improve our relationships in all facets of life and open us to their spiritual underpinnings. However, many of us are now struggling with strong emotions that include anger, frustration, and a desire to effectuate social and political change. How can we meld these strong emotions with our intellect so we can not only become better friends, spouses, parents, and colleagues, but also better and effective citizens? This event will include an overview of *Mussar* and its application to effective citizenship, related interactive workshops, and a book signing for Rabbi Jaffe's award winning book, "Changing the World from the Inside Out: A Jewish Approach to Social Change." *Co-sponsored by The Mussar Institute.*

Sun, May 7, 12:30-4:30 pm, \$25/\$15 for students

Call 646.505.5708 to register or visit jccmanhattan.org/makom.