



בס"ד

When I was seventeen, I went out into the yard of my Yeshiva to drink a cup of tea.

There, I found a book lying in the garbage. It was entitled "Hishtapchut Hanefesh"

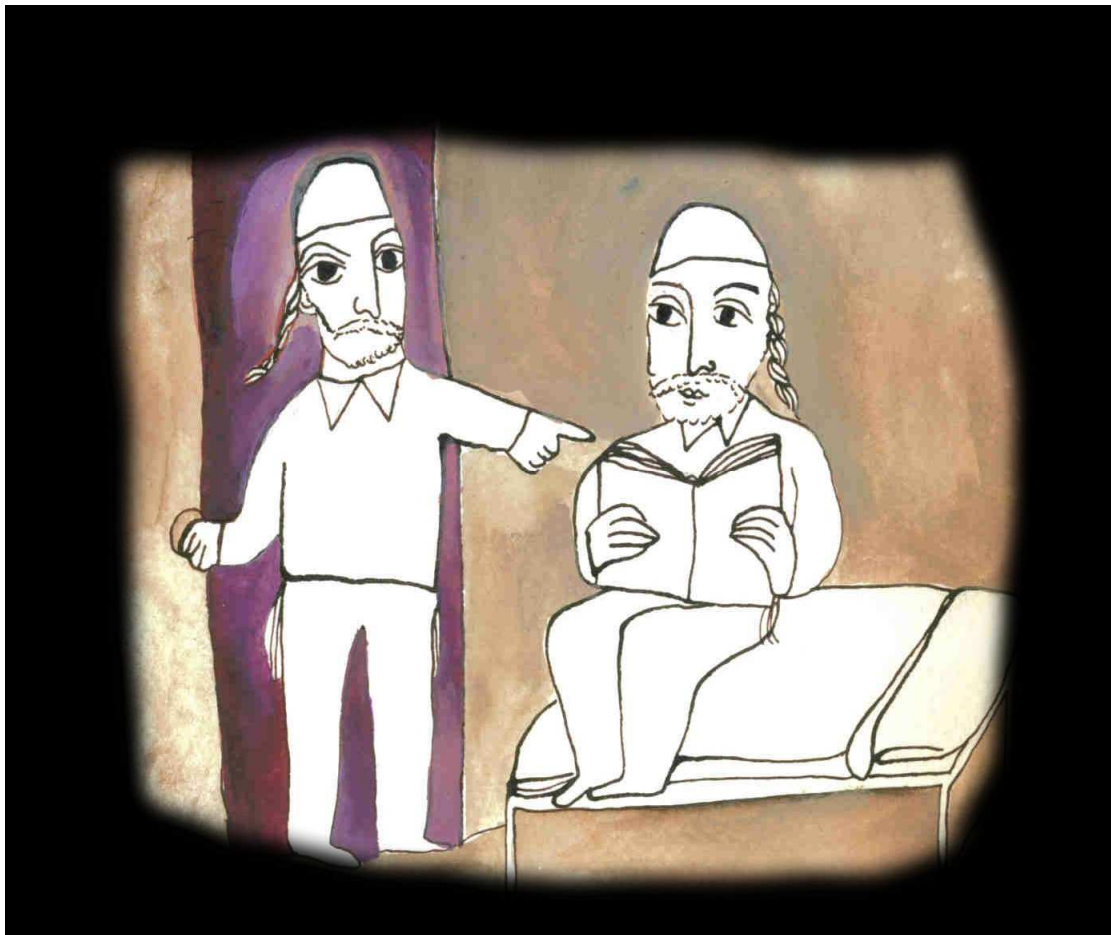
השתפחות הנפש.





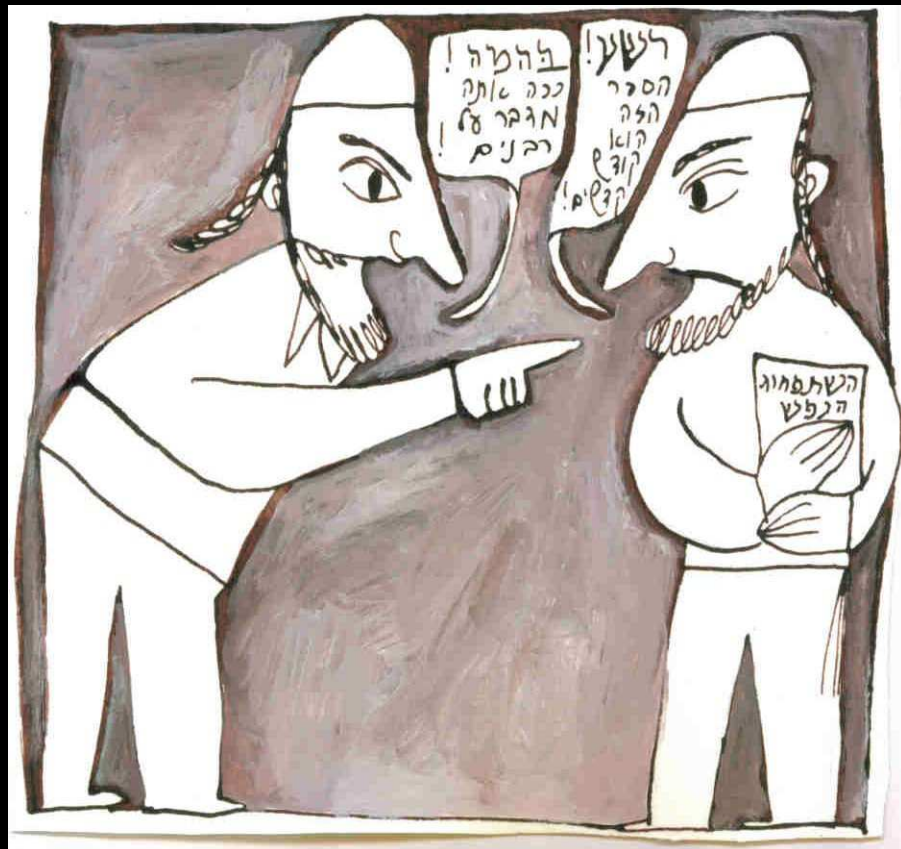
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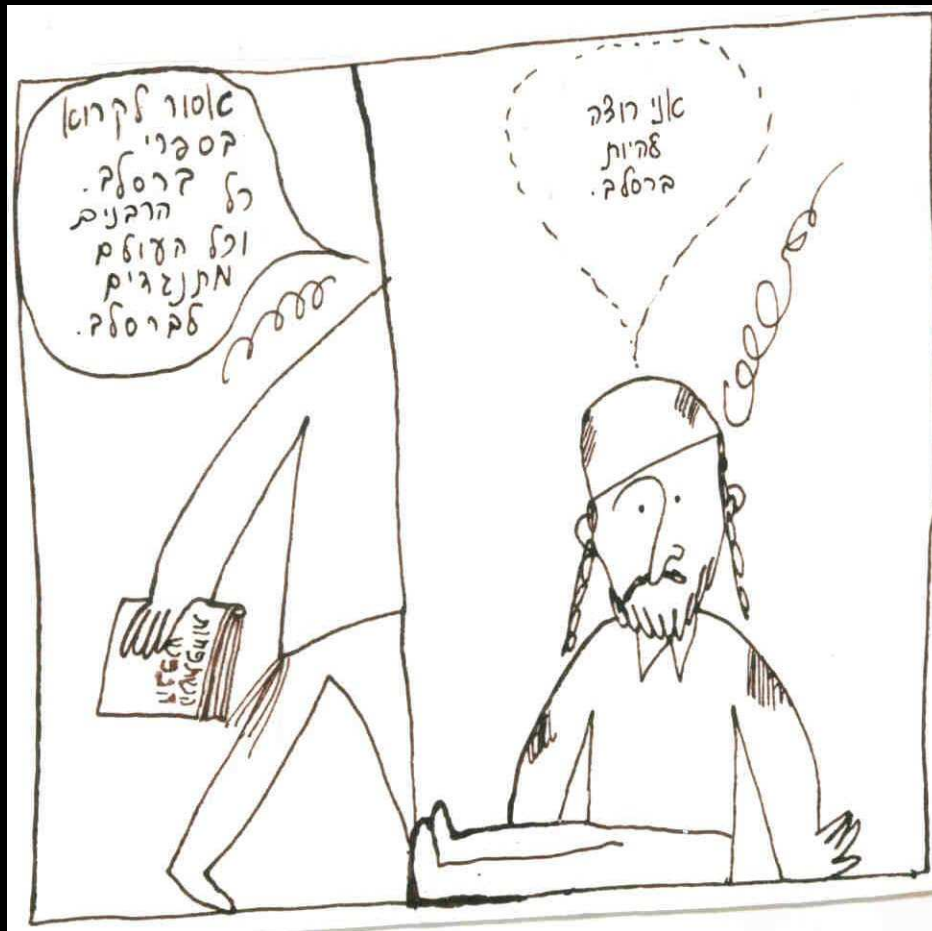
I didn't know who was the book's
author but I read the book and
followed its advice.
The book did wonders for me!



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One day, a friend of mine saw me reading the book in my room. He yelled at me:
"What are you doing? Don't you know that the Rabbis forbid reading books of Breslev? Give me the book! You are forbidden to read it!"





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I resisted as much as I could but my friend was stronger than me and he took the book away from me.

But at least now I knew of the
existence of Breslover Chassidim...
and I wanted to be one!



From the book "Yisrael Saba"
About the life of Rabbi Israel Dov
Odesser

זצ"ל