

Love is vital to life.

Everyone needs the light of love, even if he doesn't realize it. Without this essential nutrient that G-d made available in unlimited supply, we can't become who He created us to be.

The Torah abounds with references to love. Love is the cornerstone of our relationship with G-d. Love sets the standard for our dealings with others and ourselves as reflected in the laws of *bein adam l'chaveiro* (between man and his friend) where we're instructed to "love your fellow *as yourself*."

So why do so many feel love lacking in their lives? Why are so many hearts closed and hurting? Why is it often hard to be loving to oneself or others? How can we reach the light of love hidden in each of us?

In *The Inner Light of Love*, Miriam Millhauser Castle offers inspired and practical guidance drawn from her decades of healing and teaching work, helping to open the hearts of Jews around the world. Engaging real-life stories show how everyone can cultivate love regardless of life circumstances. As Rabbi Dovid Castle's beautiful Torah insights make clear, Hashem is our teacher in the ways of love as in everything else. By helping us connect to Him, Torah, *Klal Yisrael*, the soul dimension, AND to ourselves, *The Inner Light of Love* charts a path to the boundless self-nurturing wellsprings of love in each of us – and an outpouring of love for others.

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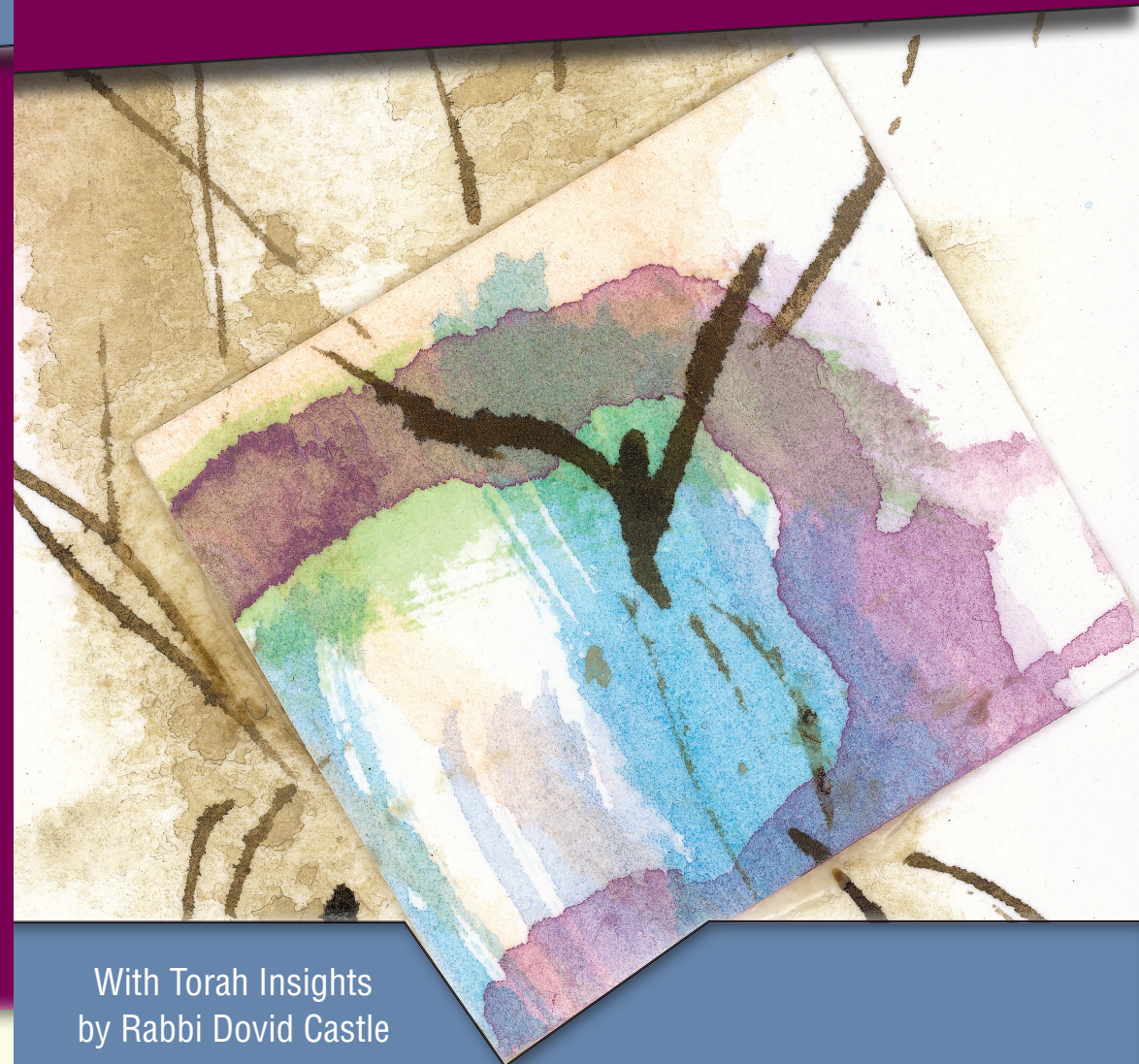


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With Torah Insights  
by Rabbi Dovid Castle

Miriam Millhauser Castle