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## Sinamatella: A Quest for Meaning

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By Shlomo Breznitz

Samuel Wachtman's Sons, Inc. Paperback. Book Condition: new. BRAND NEW, Sinamatella: A Quest for Meaning, Shlomo Breznitz, Dons personal life is shattered by a trauma, and he is devastated and helpless. His obsessive, automat-like way of thinking leaves no room for fresh or novel experiences. He seeks help from Irv, a highly unconventional therapist, who sends him to Africa in order to "unfreeze his personality". There, at Sinamatella, he starts the long journey back from his deep depression. Slowly, step by step, his inner life, which was an empty shell, starts to evolve, and with it his ability to cope. He meets a person unlike anyone he has known before, who teaches him to trust his intuition. He learns to infuse meaning into the most mundane experiences and thus enrich his life beyond recognition. Sinamatella is a story of hope and of a second chance in life.



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