



Who wouldn't love to feel consistently happy, self-assured, and enthusiastic? Yet often we're consumed by feelings of failure, regret, and self-doubt.

*Do our delicate positive emotions
have a fighting chance at
being in control?*



At the Rohr Jewish Learning Institute, we've gone deep into the nature of our opposing emotions to find out. Worrier to Warrior is the empowering result.

Mined from the teachings of Torah and contemporary psychology, this six-week course takes a fresh approach to the battle against bad feelings, providing realistic spiritual mechanisms for remaining upbeat no matter what life brings.

READY TO TURN THE TABLES
ON BAD FEELINGS?

WHEN

6 Sundays, 6:00pm - 7:30pm
Starting Nov. 10th - Dec. 22nd

[JOIN NOW](#)

WHEN

6 Wednesdays, 7:00-8:30pm
Starting Nov. 13th - Dec. 18th

[JOIN NOW](#)

LOCATION

Sundays - 1024 Harrisburg Pike,
Lancaster, PA 17603

Wednesdays, York Jewish
Community Center

MORE INFO

www.myjli.com

Rabbi@jewishenrichment.com

717.723.8783 | Fee: \$85 for 6 lessons

COURSE OVERVIEW

*AM I FOR
REAL??*

Achieving Authenticity

When praised for a good deed, 70% of people admit to squirming because they feel their act lacked authenticity.

In this opening session, discover a place of objective authenticity within yourself that can weather any self-doubt and help you build confidence in your genuine goodness.

*IS THIS
NORMAL?*

EMOTION 2

Embracing Flaws

Wrestling with feelings of overwhelm, procrastination, or general not-enough-ness?

This session explores the seemingly senseless feelings of inadequacy and charts a course to transform them from adversary to ally.

*~~I SHOULDN'T
HAVE.~~*

EMOTION 3

Rethinking Regret

We all slip, and it's natural to feel some regret or guilt when we do. But can we focus on past actions without becoming paralyzed by bad feelings?

In Lesson 3, we'll challenge the negativity associated with regret, finding a catalyst for remarkable growth where it's least expected.

EMOTION 4

Peering through Pain

An optimistic attitude is a noble goal, but the sincere, burning flames of sadness, suffering, or loss can be incredibly difficult to douse.

This session embraces the validity of pain while sensitively enhancing our internal perspectives to let the sun peek through despite the reality of our suffering.

*I'M GOOD...
I GUESS.*

Emotion 5
Living Joyfully

Things are fine—you've got what you need in health, finances, and relationships. **But is “feeling fine” the same as feeling truly, energetically happy?** By looking at common patterns in chasing inner contentment, Lesson 5 helps us pave a new path to more dependably enthusiastic living..

*I DID
MY PART...*

EMOTION 6
Refreshing Relationships

Without a doubt, healthy relationships are key to positive emotions, but they are so much easier said than done.

This session explores the triumphs and dysfunctions of human relationships, formulating a steady approach to allowing yours to flourish despite inherent strains.

JOIN NOW