



# THE BRESLOV CENTER FOR SPIRITUALITY & INNER GROWTH

A project of Nachal Nova Mekeor Chochma, Tsfat, Israel  
HaHav Elazar Mordechai Kenig, shlit'a

To whom it may concern

I have been acquainted with teacher and author Mrs. Chaya Rivka Zwolinski for several years. She and her husband Reb Moshe (a therapist) have long hosted a weekly class in their home under the auspices of the Breslov Center of NY, given by one of our founders, Rabbi Eliezer Trenk, shlit'a.

In her articles, classes and talks, Mrs. Zwolinski focuses on relationships, emotional well-being, self-esteem and other psycho-spiritual topics. Her answers to these and other life-challenges are derived from Breslov Chassidic teachings.

For many years, Mrs. Zwolinski has counseled single and married baalos teshuvah who struggle with guilt and conflict often related to their pre-trum lives. Many women find it difficult to discuss these issues with their rabbis, and some find it even harder to discuss them with their husbands. So they confide in each other—or if they are fortunate enough to have heard of her, they approach Mrs. Zwolinski. Now, one bar to women being able to talk about these personal topics has been lifted—that of privacy. Mrs. Zwolinski will be teaching a new workshop for married women in a virtual classroom. This online venue will allow women to participate while remaining anonymous, if they so choose. This course will be true to Torah, and will especially draw upon Breslov teachings, which already have proven to be helpful to many.

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Mrs. Zwolinski has a wealth of experience, having written articles and books on emotional and behavioral health (topics including guilt, shame, sadness, anxiety, addiction, meditation, peace of mind, joy, and much more more.) She is dedicated to helping women achieve personal growth through spiritual awareness.

Therefore, I would encourage anyone seeking such guidance to consult Mrs. Zwolinski and may she have much brochah v'hatzlochah in her work to heal hearts and souls, and thus to be "mezakeh es ha-rabbim."

Rabbi David Sears

The Breslov Center of NY

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