
NACHAS RUACH

TORAH-BASED PSYCHOTHERAPY AND
TOOLS FOR GROWTH AND HEALING

DR. NAFTALI FISH

A TARGUM PRESS BOOK

RABBI DR. ABRAHAM TWERSKI

Due to the early influences of Sigmund Freud, who was an atheist, there is still an impression and fear that psychology and psychiatry are antagonistic to *Yiddishkeit*, so that many people who need psychological help refuse to avail themselves of it. Dr Naftali Fish's book points out that contemporary psychology is more compatible with religion, and this is a positive development.

The book also illustrates many sources of the deep psychological wisdom and insight found in Chazal, which can be utilized working with people, as well as being tools for self-help.

In addition, based on extensive professional experience Dr. Fish has developed a unique treatment approach, "Nachas Ruach," that effectively incorporates a variety of psychological theories and techniques, including clinical hypnosis, with Torah values and spirituality. The clinical case reports document how this program can work to relieve a range of difficult contemporary problems.

I believe that Dr. Fish's book makes an important contribution in furthering the understanding of psychology and psychotherapy for Torah-observant people, as well as a larger general audience including professionals and interested lay readers.

The personal accounts of successful treatment that were received are testimony that Dr. Fish is highly qualified in his work and of impeccable integrity.

Dr Abraham Twerski