

Letter of Approbation

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B"H

Rabbi Yosef Lynn
Machon Yaakov
Har Nof, Jerusalem

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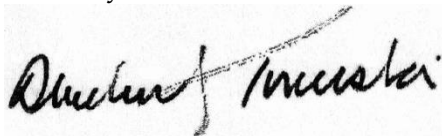
Dear Rabbi Lynn,

I believe that your workbook, *Greatness Within*, is an important contribution to the development of self-esteem. In *Alei Shur*, Rav Wolbe advises writing down one's ideas and emotions. This clarifies them and makes a greater impression than just meditating on them.

It is of interest that on Rosh Hashanah our prayers are replete with "*kosveinu*, inscribe us." We ask that Hashem inscribe us for life, for redemption, for *parnossa* (livelihood), and for forgiveness. Why the emphasis on inscribing? Certainly Hashem remembers His judgments. Perhaps this is to teach us that even though we may feel we understand our emotions and ideas, it is nevertheless important that we record them. A written document can be reviewed, and can both clarify and reinforce the awareness of one's feelings.

May Hashem grant you great *hatzlacha* with this project.

Sincerely,

A handwritten signature in black ink, appearing to read "Abraham J. Twerski". The signature is written in a cursive style with a long horizontal stroke extending to the right.

Rabbi Abraham J. Twerski, M.D.