



Maimonides' Middle Way: Course Overview

Section	Module	Chapter	Subjects of study
Analysis	1	<i>Nefesh (Self/soul)</i> Unity and complexity of human beings	An analytic vision of the various dimensions of the human being
	2	<i>Mitzvot/Aveyrot (Positive and negative actions)</i> Relativity of the human inclinations	An a-moral perspective on the human character
	3	<i>Briut (Health)</i> The Dis-eases of the Nefesh	Raising awareness about the negative inclinations that harm us
Remedy	4	<i>Refuat HaNefesh (Healing the Self)</i> Healing the being	Creating balance: finding the middle-way
	5	<i>Kavannah (Intention or Direction)</i> Cultivating right intention	Cultivating focus and intention
	6	<i>Koach (Strength)</i> From self-awareness to impulse control	Learning to use mindfulness and discipline as spiritual tools
	7	<i>Midot (Character Traits)</i> Improving our character traits	Improving our <i>midot</i> and living an ethical life
Conclusion	8	<i>Bechira (Choice)</i> Choosing right for ourselves	Using our agency to live free and happy