



# **Mystical Bodies, Mystical Meals: Eating and Embodiment in Medieval Kabbalah (Raphael Patai Series in Jewish Folklore and Anthropology)**

*Joel Hecker*

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Mystical Bodies, Mystical Meals is the first book-length study of mystical eating practices and experiences in the kabbalah. Focusing on the Jewish mystical literature of late-thirteenth-century Spain, author Joel Hecker analyzes the ways in which the Zohar and other contemporaneous literature represent mystical attainment in their homilies about eating. What emerges is not only consideration of eating practices but, more broadly, the effects such practices and experiences have on the bodies of its practitioners.

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