

With Heart In Mind Mussar Teachings To Transform Your Life

Wounds into Wisdom Climbing Jacob's Ladder The Laws of Niddah In Search of the Holy Life Bridging the Gap Sparks of Mussar Be Still and Get Going Marriage Secrets From Enemy to Friend The Spiritual Practice of Good Actions The Mussar Torah Commentary Widen Your Tent The Book of Jewish Sacred Practices The Juggler and the King With Heart in Mind Light One Candle Changing the World from the Inside Out This Is Real and You Are Completely Unprepared The Heart of Leadership for Women Unscrolled The Heart of Torah, Volume 2 Basic Judaism Everyday Holiness Davening Ohr Yisrael The Warrior's Meditation Strive for Truth! The Wisdom of Not Knowing Opening Your Heart with Psalm 27 Mussar Yoga Jewish Wisdom Moral Grandeur and Spiritual Audacity The Soul of America Jewish Holidays Your Love Is Blasting in My Heart Nine Essential Things I've Learned about Life A Responsible Life Every Day, Holy Day Sacred Therapy Change of Heart

Wounds into Wisdom

Announcing a smart, daring, original new take on the Torah. Imagine: 54 leading young Jewish writers, artists, photographers, screenwriters, architects, actors, musicians, and graphic artists grappling with the first five books of the Bible and giving new meaning to the 54 Torah portions that are traditionally read over the course of a year. From the foundational stories of Genesis and Exodus to the legalistic minutiae of Leviticus, Numbers, and Deuteronomy, Unscrolled is a reinterpreting, a reimagining, a creative and eclectic celebration of the Jewish Bible. Here's a graphic-novel version of Moses receiving the Ten Commandments, by Rebecca Odes and Sam Lipsyte. Lost creator Damon Lindelof writing about Abraham's decision to sacrifice his son. Here's Sloane Crosley bringing Pharaoh into the 21st century, where he's checking out Òboils, Ó Òlice, Ó and Óplague of frogs Ó on WebMD. Plus there's Joshua Foer, Aimee Bender, A. J. Jacobs, David Auburn, Jill Soloway, Ben Greenman, Josh Radnor, Adam Mansbach, and more. Edited by Roger Bennett, a founder of Reboot, a network of young Jewish creatives and intellectuals, Unscrolled is a gathering of brilliant, diverse voices that will speak to anyone interested in Jewish thought and identity Ñand, with its singular design and use of color throughout, the perfect bar and bat mitzvah gift. First it presents a synopsis of the Torah portion, written by Bennett, and then the story is reinterpreted, in forms that range from the aforementioned graphic novel to transcripts, stories, poems, memoirs, letters, plays, infographics, monologues Ñeach designed to give the reader a fresh new take on some of the oldest, wisest, and occasionally weirdest stories of the Western world, while inspiring new ideas about the Bible and its meaning, value, and place in our lives.

Climbing Jacob's Ladder

In Sacred Therapy Estelle Frankel travels to the heart of Jewish mysticism to reveal how people of any faith can draw upon this rich body of teachings to gain wisdom, clarity, and a deeper sense of meaning in the midst of modern life. In an engaging and accessible style, Frankel brings together tales and teachings from the Bible, the Talmud, Kabbalah, and the Hasidic traditions as well as evocative case studies and stories from her own life to create an original, inspirational guide to emotional healing and spiritual growth.

The Laws of Niddah

Mussar is an illuminating, approachable, and highly practical set of teachings for cultivating personal growth and spiritual realization in the midst of day-to-day life. Here is an accessible and inspiring introduction to this Jewish spiritual path, which until lately has been best known in the world of Orthodox Judaism. The core teaching of Mussar is that our deepest essence is inherently pure and holy, but this inner radiance is obscured by extremes of emotion, desire, and bad habits. Our work in life is to uncover the brilliant light of the soul. The Mussar masters developed transformative teachings and practices—some of which are contemplative, some of which focus on how we relate to others in daily life—to help us to heal and refine ourselves. To learn more about the author, visit his website: www.mussarinstitute.org

In Search of the Holy Life

A rabbi introduces Gentiles to the origins, doctrines, traditions, practices, laws, institutions, and beliefs of the Jewish religion

Bridging the Gap

Forty-seven years after he was found half-dead in the snow, following a death march from Dachau, Solly Ganor again came face to face with his rescuer Clarence Matsumura at a reunion of Holocaust survivors and their American liberators. That meeting proved a catharsis, enabling Ganor to confront for the first time the catalogue of horrors he experienced during the Second World War. Beginning in prewar Lithuania, *Light One Candle* tells of the ominous changes that took place once Hitler came to power in 1933, of Chiune Sugihara, the Japanese consul who wrote thousands of exit visas for Jews fleeing the Nazi onslaught, of the brutal conditions in the Kaunas ghetto where Ganor spent most of the war, and of Stutthoff and Dachau, the concentration camps he was shuttled to and from in the last, desperate days of the war. Unflinching in its depiction of evil but uplifting in its story of the survival of the human spirit, *Light One Candle* is a gripping memoir that waited fifty years to be told.

Sparks of Mussar

The Heart of Leadership for Women is about cultivating the sacred space for meeting, learning, and growth, where empowerment is fostered and transformation made possible. This book is about bringing what's holy about your mission and all your life experience, into your meeting space and elevating it from an event to a sacred gathering; it's about your rightful confidence as a light-holder called to leadership. With depth and humor, here is a blueprint—from planning to execution to conclusion—for every workshop and therapeutic arts facilitator, retreat leader, instructor, artist and performer, studio owner, activist, speaker, event coordinator, life coach, healer, and more.

Be Still and Get Going

When, if ever, should lying be permitted? If you've damaged a person's reputation unfairly, can the damage be undone? Is a person who sells weapons responsible for how those weapons are used? If the fetus is not a life, what is it? How, as an adult, can one carry out the command to honor one's parents when they make unreasonable demands? What are the nine biblical challenges a good person must meet? What do the great Jewish writings of the last 3,500 years tell us about these and all other vital questions about our lives? Rabbi Joseph Telushkin has devoted his life to the search for answers within the teachings of Judaism. In *Jewish Wisdom*, Rabbi Telushkin, the author of the highly acclaimed *Jewish Literacy*, weaves together a tapestry of stories from the Bible and Talmud, and the insights of Jewish commentators and writers from Maimonides, Rashi, and Hillel to Einstein, Isaac Bashevis Singer, and Elie Wiesel. A richer source of crucial life lessons would be hard to imagine. Accompanying this extraordinary compilation is Telushkin's compelling commentary, which reveals how these texts continue to instruct and challenge Jews and all people concerned with leading ethical lives today. As he discusses these texts, Rabbi Telushkin addresses issues of fundamental interest to modern readers: how to live with honesty and integrity in an often dishonest world; how to care for the sick and dying; how to teach children to respect both themselves and others, how to understand and confront such great tragedies as antisemitism and the Holocaust; what God wants from humankind. Within *Jewish Wisdom's* ninety chapters the reader will find extended sections illuminating Jewish perspectives on sex, romance, and marriage, what kind of belief in God a Jew can have after the Holocaust, how to use language ethically, the conflicting views of the Bible and Talmud on the death penalty, and much, much more. *Jewish Wisdom* adds a new dimension to the many widely read contemporary books that retell the stories and reveal the essence of classic religious and secular literature. Possibly the most far-ranging volume of stories and quotations from Jewish texts, *Jewish Wisdom* will itself become a classic, a book that not only has the capacity to transform how you view the world, but one that will change how you choose to live your life.

Marriage Secrets

From Enemy to Friend

A glowing treasure now available to the English-speaking public! The trail-blazing work of Rav Yisrael Salanter, and his disciple, Rav Yitzchak Blazer illuminate the darkness of our generation with wisdom and insight. This classic Mussar work focuses on attaining closeness with G-d and on ethical introspection. This volume is a compendium of four classics of ethical thought: *The Gates of Light*, *The Light of Israel*, *Paths of Light*, and *Stars of Light*. This extraordinary book, translated into lucid, flowing English, will enable all who read it to reach a new spiritual dimension. Contains English text only.

The Spiritual Practice of Good Actions

Pocket edition of original volumes 1 through 3. Individual volumes not sold separately

The Mussar Torah Commentary

Mussar, a time-honored Jewish spiritual and ethical practice, is experiencing a modern resurgence through synagogues, online communities and study groups. The practice offers a unique perspective on mindful personal growth in the service of others. One of the few books that views Mussar through a woman's lens, *Your Love Is Blasting In My Heart* makes these teachings accessible to readers of all faiths. Marilyn Saltzman's memoir features conversational, inspirational stories about a Jewish grandmother and her two grandchildren, adopted from China and Ethiopia. Each chapter presents anecdotes about a different Mussar soul trait, like compassion, generosity and gratitude. Chapters conclude with suggested journal prompts to give the reader an opportunity for self-reflection. "Every page delivers delights of humor, joy, hope and inspiration for the journey of life we are all on," says Alan Morinis, founder of The Mussar Institute and author of four seminal, contemporary books about Mussar.

Widen Your Tent

The first female Conservative rabbi in the U.S. reflects on ancient Jewish traditions as a guide to reconciliation and peacebuilding in our lives, our communities, and our world.

The Book of Jewish Sacred Practices

Indie Book Awards Winner: A deeply affirming exploration of the unknown—the challenges, the possibilities, and how to navigate uncertainty without fear. For most of us, the unknown is both friend and foe. At times, it can be a source of paralyzing fear and uncertainty. At other times, it can be a starting point for transformation, creativity, and growth. The unknown is a deep current that runs throughout all religions and mystical traditions, plays an important role in contemporary psychotherapeutic thought and practice, and is essential to personal growth and healing. In *The Wisdom of Not Knowing*, psychotherapist Estelle Frankel shows us that our psychological, emotional, and spiritual health is radically influenced by how comfortable we are with navigating the unknown and uncertain dimensions of our lives. Drawing on insights from Kabbalah, depth psychology, Buddhism, Christianity, Hinduism, and ancient myth, Frankel explores how we can grow our souls by tapping into the wisdom of not knowing. She also includes case studies of individuals who have grappled with fears of the unknown and, as a result, come out wiser, stronger, and more resilient. Each chapter includes experiential exercises and meditations for befriending the unknown, conveying how embracing a state of "not knowing" is the key to gaining new knowledge, learning to bear uncertainty, and enjoying a healthy sense of adventure and curiosity.

The Juggler and the King

Here is a spiritual practice for developing a strong and open heart—drawn from Judaism's Mussar tradition. Mussar draws from the vast storehouse of Jewish wisdom, law, revelation, and text and brings it right home in a way that is completely practical. Judaism teaches that Torah (the collective wisdom of the tradition) provides the blueprint for human experience—and so the more of it we acquire, the more we gain a clearer, truer perspective on life and learn how to navigate its pathways. The phrase "acquiring Torah" is code for the process of internalizing this wisdom to bring about a genuine transformation of the inner self. In short, accessible chapters, this book describes forty-eight methods through which we can acquire Torah—and turns them

into a straightforward practice. These methods include cultivating humility, joy, awe, goodheartedness, closeness with friends, not taking credit for oneself, judging others favorably, and so on. The fruit of working through each quality or method is a refined soul and a strong and open heart.

With Heart in Mind

Written in a warm, accessible, and intimate style, *Be Still and Get Going* will touch those who are searching for an authentic spiritual practice that speaks to them in their own cultural language. Lew is one of the most sought-after rabbis on the lecture circuit. He has had national media exposure for his dynamic fusion of Eastern insight and Bible study, having been the subject of stories on ABC News, the McNeil Lehrer News Hour, and various NPR programs. In the past five years there have been national conferences on Jewish meditation in San Francisco, Los Angeles, and Miami where Lew has been a featured speaker. Lew's first book, *One God Clapping*, was a San Francisco Chronicle bestseller and winner of the PEN Josephine Miles Award for Literary Excellence. Publishers Weekly hailed him as "a perceptive thinker" for his "refreshing and sometimes startling perspective" in his last book, *This Is Real and You Are Completely Unprepared*.

Light One Candle

The myriad events and interactions that make up our everyday life provide a rich opportunity for us to examine our impulses and actions and grow spiritually, according to the Jewish practice of Mussar. Mussar is an eminently wise, practical, and effective way to cultivate awareness, gratitude, personal growth, and ethical action on a daily basis. The path has its origins in Orthodox Judaism but it has become popular with Jews of all affiliations who are interested in a practice that can infuse daily life with more purpose and meaning. This daybook will be an essential companion to anyone who wants to experience this life-changing contemplative practice. Using a "soul trait" such as honesty, courage, enthusiasm, honor, and equanimity as a starting point, each practice page includes: • a teaching that illuminates the trait of the day • an affirmation phrase focused on that trait • a practical exercise to expand our experience of the trait • a space for journaling about experiences with the trait To learn more, visit www.mussarinstitute.org.

Changing the World from the Inside Out

Bring your everyday life into alignment with your aspirational values through Mussar, a thousand-year-old Jewish practice of spiritual growth based on mindful living. Perfect for anyone, regardless of age or experience, this comprehensive book presents thirteen soul traits—ranging from humility and gratitude to trust and honor—and the simple daily actions you can take to develop them. Drawing on universal principles and providing grounded instruction, *The Spiritual Practice of Good Actions* helps you explore soul traits through daily techniques and exercises, including mantras, mindful observation, and journaling. Nurture your spirit with inspiring stories and build a soul trait profile to better understand yourself. By dedicating two weeks of practice to each trait, you'll see major changes in how you approach the world and feel empowered to be your best self. Praise: "The Spiritual Practice of Good Actions opens wide the doors to a traditional Jewish spiritual practice that has the power to transform your life."—Alan Morinis, Dean, The Mussar Institute and author of *Everyday Holiness* "Weaving ancient wisdom with twenty-first-century circumstances, Greg Marcus beautifully presents how the teachings of

Mussar can bring you a deeper sense of purpose and a better life."—Tiffany Shlain, Emmy-nominated filmmaker and creator of *The Making of a Mensch*

This Is Real and You Are Completely Unprepared

The Heart of Leadership for Women

Drawing from decades of experience in connecting spirituality with daily life, offers traditional and contemporary ways to mark all sorts of important events in people's lives. For each of more than one hundred everyday events and holidays, it offers a meditation, a blessing, a profound Jewish teaching and a ritual.

Unscrolled

The Heart of Torah, Volume 2

We began our Mussar journey by following the practice instituted by Rabbi Yisrael Salanter in Lithuania in the nineteenth century: a Mussar practice characterized by discipline and kibbush (restraint) as a path to self-improvement. We turned our inward-facing journeys outward and applied Mussar's principles to the way we treated other people in our everyday lives. We would focus on the small but critical moments of human interaction and connection that make up our days and undergird our relationships. This prescription had the potential to serve as an antidote to the narcissism and isolation of our age, and in doing so, it could recast the very definition of the Divine for a contemporary audience.

Basic Judaism

"Love your neighbor" is the central obligation of Jewish life. Mussar, a late nineteenth-century Jewish renewal movement, focused on this precept as a means of self-improvement and spiritual growth. Through the practical applications of Mussar, one can learn how to awaken to a spirituality that is compassionate, moral, and generous. In this book, Rabbi Ira Stone provides a contemporary theological framework for understanding Mussar and describes how participation in a Mussar group can offer support and guidance for this powerful spiritual practice.

Everyday Holiness

This fresh approach to prayer is for all who wish to appreciate the power of prayer's poetry and song, jump into its ceremonies and rituals and join the age-old conversation that Jews have had with God. Reb Zalman, one of the most important Jewish spiritual teachers in contemporary American Judaism, offers

you new ways to pray, new channels for communicating with God and new opportunities to open your heart to God's response.

Davening

This mussar-based commentary is a vital resource for Torah study, offering a thoughtful analysis of each of the 54 weekly parashot. Each essay in this anthology brings a parashah into juxtaposition with one of the mussar middot (character traits as described within the Jewish school of ethics called mussar), thereby providing an applied lens of mussar teachings that helps us to delve deeper into our tradition with increased mindfulness and intention.

Ohr Yisrael

Jewish by birth, though from a secular family, Alan Morinis explored Hinduism and Buddhism as a young man. But in 1997, in the face of personal crisis, he turned to his Jewish heritage for guidance. In his reading he happened upon a Jewish spiritual tradition called Mussar. Gradually he realized that he had stumbled upon an insightful discipline for self-development, complete with meditative, contemplative, and other well-developed transformative practices designed to penetrate the deepest roots of the inner life. Eventually reaching the limits of what he could learn on his own, he decided to seek out a Mussar teacher. This was not an easy task, since almost the entire world of the Mussar tradition had been wiped out in the Holocaust. In time, he found an accomplished master who stood in an unbroken line of transmission of the Mussar tradition, and who lived in the center of a community of Orthodox Jews on Long Island. This book tells the story of Morinis's journey to meet his teacher and what he learned from him, revealing the central teachings and practices that are the spiritual treasury and legacy of Mussar. To learn more about the author, Alan Morinis, go to www.mussarinstitute.org.

The Warrior's Meditation

In *The Heart of Torah*, Rabbi Shai Held's Torah essays--two for each weekly portion--open new horizons in Jewish biblical commentary. Held probes the portions in bold, original, and provocative ways. He mines Talmud and midrashim, great writers of world literature, and astute commentators of other religious backgrounds to ponder fundamental questions about God, human nature, and what it means to be a religious person in the modern world. Along the way, he illuminates the centrality of empathy in Jewish ethics, the predominance of divine love in Jewish theology, the primacy of gratitude and generosity, and God's summoning of each of us--with all our limitations--into the dignity of a covenantal relationship.

Strive for Truth!

There are times in life when we are caught utterly unprepared: a death in the family, the end of a relationship, a health crisis. These are the times when the solid ground we thought we stood on disappears beneath our feet, leaving us reeling and heartbroken, as we stumble back to our faith. The Days of Awe encompass the weeks preceding Rosh Hashanah up to Yom Kippur, a period in which Jews take part in a series of rituals and prayers that reenact the journey of the soul through the world from birth to death. This is a period of contemplation and repentance, comparable to Lent and Ramadan. Yet, for

Rabbi Alan Lew, the real purpose of this annual passage is for us to experience brokenheartedness and open our heart to God. In *This is Real and You Are Completely Unprepared*, Lew has marked out a journey of seven distinct stages, one that draws on these rituals to awaken our soul and wholly transform us. Weaving together Torah readings, Buddhist parables, Jewish fables and stories from his own life, Lew lays bare the meanings of this ancient Jewish passage. He reveals the path from terror to acceptance, confusion to clarity, doubt to belief, and from complacency to awe. In the tradition of *When Bad Things Happen to Good People*, *This Is Real And You Are Completely Unprepared* enables believers of all faiths to reconnect to their faith with a passion and intimacy that will resonate throughout the year.

The Wisdom of Not Knowing

"A profoundly inspiring yet practical guide to well-being from one of modern Judaism's most beloved sages. As a congregational rabbi for half a century and the bestselling author of *When Bad Things Happen to Good People* and twelve other books on faith, ethics, and how to translate the timeless wisdom of religious thought into dealing with everyday challenges, Harold Kushner knows a thing or two about living a good life. In this compassionate new work, Kushner distills nine essential lessons from the sum of his teaching, study and experience, offering a lifetime's worth of spiritual food for thought, pragmatic advice, inspiration for better living, and strength for trying times. With vital, original insights into everything from belief ("there is no commandment in Judaism to believe in God"), to conscience (the Garden of Eden story as you've never heard it), to mercy ("forgiveness is a favor you do yourself, not a favor to the person who offended you"), grounded in Kushner's brilliant readings of Scripture, history and popular culture, *Nine Essential Things I've Learned About Life* is a capstone addition to Kushner's oeuvre"--

Opening Your Heart with Psalm 27

An accessible introduction to an embodied spiritual practice for anyone seeking profound and lasting self-transformation. "Mussar practice aims to help us become more whole in our lives. It is focused on helping us move from partialness or even brokenness toward wholeness. Yoga embodies a similar concept. By marrying Mussar practice and yoga practice, this book opens a new pathway to developing greater wholeness. The wholeness that comes of our efforts in turn affects both body and soul, and we experience the fruit of our efforts in the form of inner peace." —from the Foreword In this clear and easy-to-use introduction to *Mussar Yoga*—a blending of Jewish and Eastern spiritual practices—you will learn how to explore the physical dimension of ethical behaviors and attitudes such as humility, generosity, enthusiasm and gratitude through yoga poses and the yogic practice of breath work. Intended for the novice as well as the yoga expert, and for people of all faiths, each exercise is accompanied by step-by-step instructions, helpful photographs, mantras and journaling exercises. With practice, *Mussar Yoga* can help free you from bad habits and self-destructive behavior, increase your capacity for compassion and acts of goodness, and help you develop a more fulfilling, meaningful life.

Mussar Yoga

WINNER OF THE 2016 JEWISH BOOK COUNCIL AWARD FOR CONTEMPORARY JEWISH LIFE AND PRACTICE An inspiring and accessible

guide, drawn from Jewish wisdom, for building the inner qualities necessary to work effectively for social justice. The world needs changing—and you're just the person to do it! It's a matter of cultivating the inner resources you already have. If you are serious about working for social justice and change, this book will help you bring your most compassionate, wise, and courageous self to the job. Bringing positive social change to any system takes deep self-awareness, caring, determination, and long-term commitment. But polarization, the slow pace of change, and internal conflicts among activists and organizations often leads to burnout and discouragement among the very people needed to make a difference. *Changing the World from the Inside Out* distills centuries of Jewish wisdom about cultivating and refining the inner life into an accessible program for building the qualities necessary to accomplish sustainable change. Through explorations of deep motivation, inner-drive, and traits like trust and anger, this book engages the reader in a journey of self-development and transformation, demonstrating that sustainable activism is indeed a spiritual practice. Jaffe offers accessible and meaningful guidance for this journey—with exercises, contemplations, and discussion points that can be used individually or in a group.

Jewish Wisdom

Our past does not simply disappear. The painful history of our ancestors and their rich cultural wisdom intertwine within us to create the patterns of our future. Even when past trauma remains unspoken or has long been forgotten, it becomes part of us and our children—a legacy of both strength and woundedness that shapes our lives. In this book, Tirzah Firestone brings to life the profound impact of protracted historical trauma through the compelling narratives of Israeli terror victims, Holocaust survivors, and those whose lives were marred by racial persecution and displacement. The tragic story of Firestone's own family lays the groundwork for these revealing testimonies of recovery, forgiveness, and moral leadership. Throughout, Firestone interweaves their voices with neuroscientific and psychological findings, as well as relevant and inspiring Jewish teachings. Seven principles emerge from these wise narratives—powerful prescriptive tools that speak to anyone dealing with the effects of past injury. At the broadest level, these principles are directives for staying morally awake in a world rife with terror.

Moral Grandeur and Spiritual Audacity

Halachic authority Rabbi Binyomin Forst continues his comprehensive treatment of the laws of niddah with the publication of the second volume of his outstanding legal compendium. Not only are the underlying concepts of the laws explained, their logical halachic process is demonstrated and the various opinions regarding their applications are discussed with thoroughness and expertise. From everyday practices to current medical procedures, from chapters on setting a wedding date through later life concerns, every statement is backed by significant research and abundant citation of sources. Expansive indices and a full bibliography facilitate further research. Clearly written, yet extensive in detail, the complete set of *The Laws of Niddah* is a reference vital to every Jewish home and library.

The Soul of America

This powerful, true story of faith and forgiveness shows that all of us are capable of experiencing the healing and renewal that comes with truly forgiving

another. Change of Heart follows the transformative journey undertaken by Jeanne Bishop after the murders of her sister and brother-in-law, a journey that challenged Jeanne's belief in the message of Jesus on the cross and eventually moved her beyond simple forgiveness to the deeper waters of redemption and grace. Jeanne's authentic story will guide readers past the temptation of anger and revenge, and help them navigate the path of truly forgiving someone whose actions have hardened their heart. From once wishing that her sister's killer languished in a cell for the rest of his life, Jeanne now visits him regularly in prison and publicly advocates for his release. "It's not okay what you did, but I am not going to hate you. I am not going to wish evil on you," writes Bishop of the murderer. "I am going to wish the opposite. I am going to wish that you will be redeemed." "The criminal justice system in the United States, which deems some people unworthy of redemption— even children who commit serious crimes—urgently needs to hear voices that speak for mercy and restoration. Jeanne Bishop's is such a voice— writes Sr. Helen Prejean, activist and author of *Dead Man Walking*. Change of Heart confronts these serious and pressing issues of restorative justice, juvenile life sentences, and incarceration in the criminal justice system. Ultimately, Jeanne is writing more than a memoir of finding faith through extraordinary obstacles. Her compelling story offers a better understanding of what it truly means to be a person of faith. It is a call to action that is a "must-read for pastors, social workers, caregivers, and all who seek to build community with people relegated to the margins" (Greg Ellison, Emory University).

Jewish Holidays

Gathers essays by the Jewish scholar, activist, and theologian about Judaism, Jewish heritage, social justice, ecumenism, faith, and prayer

Your Love Is Blasting in My Heart

This volume is a compelling invitation to meditate on the deeper meaning of the fourteen verses of Psalm 27. During the month of Elul and the High Holy Day and Festival season, we reflect on our relationships, choices, beliefs, and practices, considering where to make repairs, adjustments, and atonement. Opening Your Heart with Psalm 27 provides gentle guidance through this journey of reflection, offering heartfelt insight, profound translation, and an invaluable framework for meaningfully participating in this annual spiritual practice.

Nine Essential Things I've Learned about Life

#1 NEW YORK TIMES BESTSELLER • Pulitzer Prize–winning author Jon Meacham helps us understand the present moment in American politics and life by looking back at critical times in our history when hope overcame division and fear. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR • The Christian Science Monitor • Southern Living Our current climate of partisan fury is not new, and in *The Soul of America* Meacham shows us how what Abraham Lincoln called the "better angels of our nature" have repeatedly won the day. Painting surprising portraits of Lincoln and other presidents, including Ulysses S. Grant, Theodore Roosevelt, Woodrow Wilson, Franklin D. Roosevelt, Harry S. Truman, Dwight Eisenhower, and Lyndon B. Johnson, and illuminating the courage of such influential citizen activists as Martin Luther King, Jr., early suffragettes Alice Paul and Carrie Chapman Catt, civil rights pioneers Rosa Parks and John Lewis, First Lady Eleanor Roosevelt, and Army-McCarthy hearings lawyer Joseph N. Welch, Meacham

brings vividly to life turning points in American history. He writes about the Civil War, Reconstruction, and the birth of the Lost Cause; the backlash against immigrants in the First World War and the resurgence of the Ku Klux Klan in the 1920s; the fight for women's rights; the demagoguery of Huey Long and Father Coughlin and the isolationist work of America First in the years before World War II; the anti-Communist witch-hunts led by Senator Joseph McCarthy; and Lyndon Johnson's crusade against Jim Crow. Each of these dramatic hours in our national life have been shaped by the contest to lead the country to look forward rather than back, to assert hope over fear—a struggle that continues even now. While the American story has not always—or even often—been heroic, we have been sustained by a belief in progress even in the gloomiest of times. In this inspiring book, Meacham reassures us, “The good news is that we have come through such darkness before”—as, time and again, Lincoln's better angels have found a way to prevail. Praise for *The Soul of America* “Brilliant, fascinating, timely . . . With compelling narratives of past eras of strife and disenchantment, Meacham offers wisdom for our own time.”—Walter Isaacson “Gripping and inspiring, *The Soul of America* is Jon Meacham's declaration of his faith in America.”—Newsday “Meacham gives readers a long-term perspective on American history and a reason to believe the soul of America is ultimately one of kindness and caring, not rancor and paranoia.”—USA Today

A Responsible Life

A treasury of words and deeds of the Mussar greats.

Every Day, Holy Day

An exciting expansion of the Vilna Gaon's powerful ideas on the purpose of Creation, the Jewish people and its history and destiny, the coming of the Messiah.

Sacred Therapy

The coeditor of the enormously popular Jewish Catalog “help[s] readers understand more fully the meaning of our holidays and thereby to observe these festivals . . . with a greater devotion and joy.”--Rabbi Alexander M. Schindler

Change of Heart

The Warrior's Meditation, by award-winning author of *The Unbound Soul*, Richard L. Haight, teaches the original, instinctive, non-religious form of meditation that has been all but lost to the world. Richard L. Haight, master of four samurai arts, shares the best-kept secret in self-improvement, cognitive development, and stress-relief in the world. You may wonder how the Samurai's experience bears any resemblance to your modern life. After all, no armies or assassins seem to be trying to attack you or your town. In one way, we are not so different from the Samurai. With our busy lives, we don't have time to spend hours a day in meditation. Instead, we need a meditation that allows our actions in a high-pressure, fast-paced world to flow from a depth of

awareness. The Warrior's Meditation helps you access and express from that depth naturally. Surprisingly, a significant body scientific research verifies the benefits associated with regular meditation practice. Below are some of the benefits associated with daily meditation:

- ? Boosts health through improved immune function, decreased cellular inflammation and pain.
- ? Boosts happiness by increasing positive emotion while decreasing anxiety, depression, and stress.
- ? Improves your ability to introspect, which provides a more holistic, grounded life perspective.
- ? Improves your social life as it increases emotional intelligence and compassion while reducing feelings of insecurity.
- ? Improves your brain by increasing grey matter in areas related to paying attention, positive emotions, emotional regulation, and self-control.
- ? Reduces emotional reactivity.
- ? Improves memory, creativity and abstract thinking.

The Warrior's Meditation is unlike any other meditation. This method is flexible in application, which allows it to blend with whatever your day has in store. Through short, daily sessions, the many scientifically verified cognitive and physical health benefits of daily meditation will open up to you through your active life. No longer do you need to retreat from life to meditate, for with The Warrior's Meditation, you can bring calm, clear awareness and vibrant life with you wherever you are. Eventually, you will fully embody meditation as a way of being, not just a doing.

Free Copy With Heart In Mind Mussar Teachings To Transform Your Life

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