

Wake up your Jewish spiritual life and restore your soul. Has your heart ever been broken? by loss, divorce, disappointment, awe, fear, hope? Have you multitasked, worked past the level of your endurance, accumulated possessions, jumped the hurdles, and gotten the grades only to wonder, "Is that all there is? Do you wish for a life that is physically grounded, emotionally satisfying, intellectually expansive, and profoundly connected? These are the qualities Judaism can provide when you understand how to practice it." from the Introduction This inspiring guidebook is your wake-up call for understanding the powerful intellectual and emotional tools that are essential for a lively, relevant, and fulfilling Jewish spiritual practice. Designed to become a lifelong resource for holy days and Shabbat, it presents Judaism as an evolving tradition in which you are the entrusted heir. The exercises and practices draw from the foundations of Judaism and empower you to create meaningful, satisfying, contemporary Jewish experiences for how you live today.

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