

Not to Worry Jewish Wisdom and Folklore

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Reviews

Very good e-book and valuable one. It really is packed with knowledge and wisdom I am just very easily could possibly get a satisfaction of reading a created pdf. (Walton Haag)

NOT TO WORRY JEWISH WISDOM AND FOLKLORE



The Jewish Publication Society. Hardcover. Book Condition: New. Hardcover. 300 pages. Dimensions: 9.0in. x 6.0in. x 1.5in.What Jewish history and wisdom teach us about coping with worry. Michele Klein brings her training in psychology and love of all things Jewish to the notion of worrythe normal, everyday angst that we all feel to varying degrees. She explores the ways in which Jews have experienced, expressed, and coped with it since biblical times right up to the post-911 present. Written while her children served in the Israel Defense Forces, the book addresses such questions as: What is worry Why, when, and how do all of us do it Is it a Jewish thing Is it avoidable, and is it all bad How can we turn our tendency to worry into a positive force in our lives Klein explains that our Jewish tradition can teach us about psychological strength, creative thinking, and peace of mind. Further, she shows how Jewish wisdom and centuries-old, fine-honed coping skillsincluding prayer, wisdom from the Sages, meditation, mysticism and dream interpretation, music, and humorcan give us the courage to face a world that often appears uncertain and threatening. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.

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