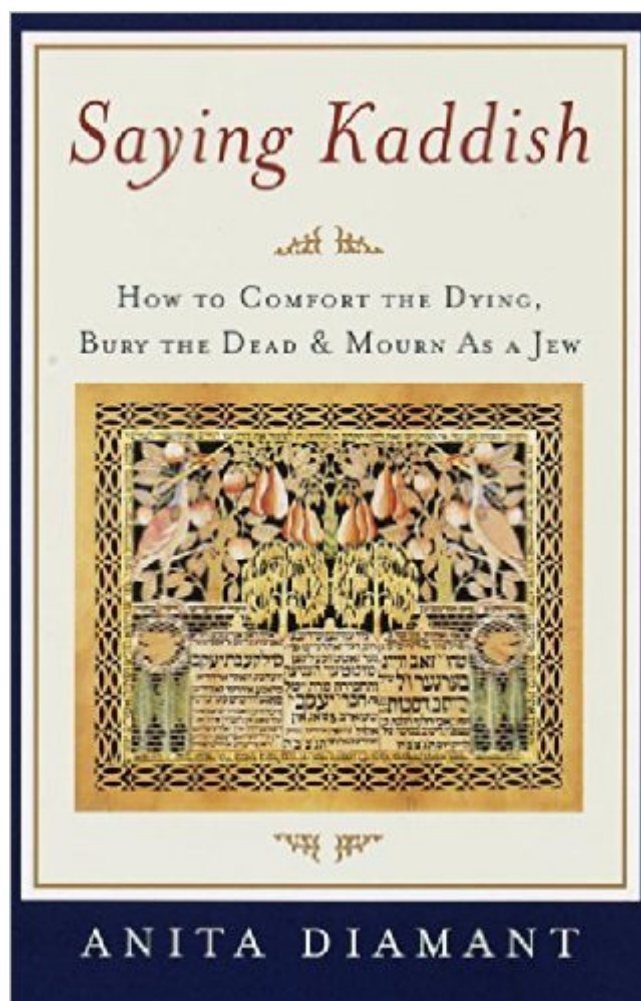


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# Saying Kaddish: How To Comfort The Dying, Bury The Dead, And Mourn As A Jew



## Synopsis

Anita Diamant's knowledge, sensitivity, and clarity have made her one of the most respected writers of guides to Jewish life. In *Saying Kaddish*, she shows how to make Judaism's time-honored rituals into personal, meaningful sources of comfort. Diamant guides the reader through Jewish practices that attend the end of life, from the sickroom to the funeral to the week, month, and year that follow. There are chapters describing the traditional Jewish funeral and the customs of Shiva, the first week after death when mourners are comforted and cared for by community, friends, and family. She also explains the protected status of Jewish mourners, who are exempt from responsibilities of social, business, and religious life during Shloshim, the first thirty days. And she provides detailed instructions for the rituals of Yizkor and Yahrzeit, as well as chapters about caring for grieving children, mourning the death of a child, neonatal loss, suicide, and the death of non-Jewish loved ones.

## Book Information

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## Customer Reviews

This is a wonderful book written from a generally liberal point of view. It explains the traditions surrounding Jewish death and mourning and gently encourages the reader to follow them, without being judgmental of those who choose other paths. As I await my mother's death, I am learning many things about my faith... and as the author points out, expanding one's knowledge of Judaism is a mitzvah for the mourner.

This book takes you gently step by step through the process from comforting the dying, through

burial, grieving, unveiling, the first year and beyond. For those liberal Jews seeking help through this process and others wanting to understand Jewish practices and wisdom about death, dying, and grieving. There are suggestions of appropriate prayers and practices. The tone is descriptive, not prescriptive. Several short chapters develop the history and meaning of the Kaddish prayer. Want to know how to hold an unveiling or who to invite? Or why Jews leave pebbles at a grave, not flowers? This book is for you.

This is a wonderful book. It provides full information on Jewish death and mourning laws and customs, but also talks more about the spiritual connotations of these practices. It is a wonderful companion to Lamm's more detailed book. Unlike Lamm, she talks about the full gamut of observances from orthodox to reform for each stage of the mourning process. She provides not only liturgy but meaningful poems and discusses how people have used some of these readings for personal rituals. Her writing is excellent and you feel like she is a loving friend guiding you through the difficult emotions of death and mourning. She anticipated many of the emotions and stages I encountered in my recent mourning. It is not depressing but hopeful, bringing you connection to the community of other Jews who have had losses. Actually, even if you are not Jewish I think it could be a helpful guide to the stages of dying and mourning and help anyone work through the death of a loved one.

Though I have been getting in touch with my Judaism over the past year and attending shul regularly, when my grandmother suddenly passed away I found myself asking many questions. Going to shabbat services is great for embracing Judaism for everyday life, but there are many things about the Jewish tradition associated with death, especially of a family member, that you just don't get exposed to normally. This book was a wonderful guidance in the days following my grandmother's death and for weeks afterwards, as I embraced what my culture traditionally did and remembering that I am just one person; while many people have passed away before, and many still will, death and healing are very raw and critical part of life and not something to hide from. I didn't really want to do the whole "healing exercise" thing that other books recommended, I just wanted to heal my way with some guidance from somebody who knows what the tradition usually is. This book was perfect for that.

The book is well written, but is neither the most thorough treatment of the topic, nor the most authentic treatment. Readers wanting to know what the Jewish traditions are, and why, and how to

do them, will want Lamm's book on this subject. Readers who enjoy presentation and validation of creative but non-traditional practices adapted or invented by less observant Jewish mourners will enjoy this book.

Ms. Diamant's books are so accessible. I devoured this book when my father passed away, referred to it during my year of mourning, and to learn about yizkor and for his yahrzeit. Loaned it out when friend's father passed away, but never came home because she lent it out to another friend. Book was so helpful to me, that I purchased another copy (this time, kindle edition), when my mother recently passed away. Highly, highly recommend this wonderful book.

Anita is an excellent writer and relates Jewish custom in an understanding way, always acknowledging that different types of Jews chose to celebrate/mourn differently. She is never condescending and does not Judge. This is extremely informative and I would highly recommend it to anyone. I personally have been comforted by the book as it has explained my role during the death of a loved one.

AMAZING!! love this book. I received it rather quickly in very-very good condition, began reading it and could not seem to put it down! Great information, well written, easy to understand and difficult to put down once you begin reading. I believe it would make an outstanding gift for any level of person who is interested in in depth information about the Kaddish or Judaism. Great service from the vendor!

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