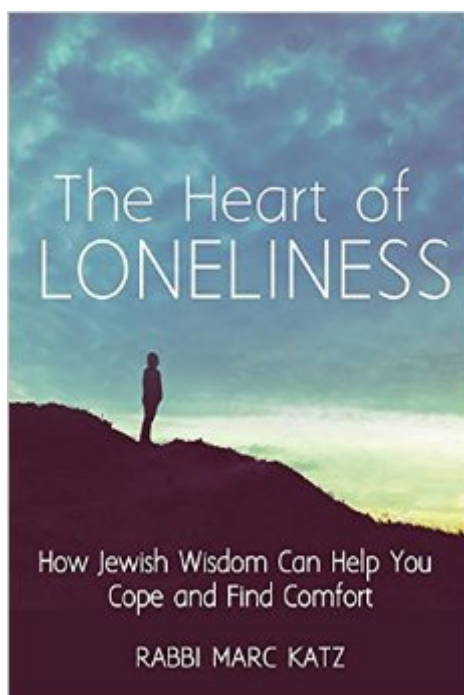


The book was found

The Heart Of Loneliness: How Jewish Wisdom Can Help You Cope And Find Comfort



Synopsis

Using the wisdom of the Jewish tradition to better understand and deal with the pain of loneliness in our lives and in the lives of those we love. Long description: Loneliness is pervasive in our society but is rarely addressed. It comes in many forms, from the loneliness of loss to that of sickness; from single life to marriage to divorce. In fact, even the most successful among us are not immune. Even achievement can be an avenue to loneliness. Through sensitivity, compassion and insight, this book provides the stories and tools we need to begin addressing loneliness in our lives and the lives of those we love. With masterful storytelling, Rabbi Marc Katz uses the pains of our ancestors to show us the unique ways loneliness appears in our lives. Drawing on the stories of Isaac and Rachel, King Uzziah and Tamar, Jeremiah and Honi, Hagar and Aaron, Rabbi Katz helps readers understand the nuances of loneliness in their own lives. He helps them understand that although their pain may feel like an island, others have walked there before them. Thoughtful insights on loneliness also help family and friends have a better sense of how and why their friends, children, parents and co-workers suffer. Then, using the tools of the Jewish tradition, Rabbi Katz looks at concrete ways as individuals and as community members we may help those who are lonely in our midst. This book is for anyone who is or has suffered from the pain of loneliness as well as those loved ones who stand on the sideline feeling ill equipped to address the alienation they see.

Book Information

Paperback: 192 pages

Publisher: Jewish Lights; 1 edition (September 27, 2016)

Language: English

ISBN-10: 1580238718

ISBN-13: 978-1580238717

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #244,024 in Books (See Top 100 in Books) #97 in Books > Textbooks > Humanities > Religious Studies > Judaism #206 in Books > Religion & Spirituality > Judaism > Jewish Life

[Download to continue reading...](#)

The Heart of Loneliness: How Jewish Wisdom Can Help You Cope and Find Comfort Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women,

Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families I'm Grieving as Fast as I Can: How Young Widows and Widowers Can Cope and Heal Como Prevenir La Soledad, La Depresion Y El Suicidio En Ninos Y Jovenes/ Preventing Loneliness, Depression and Suicide Among Children and Teenagers (Spanish Edition) Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life Getting Past the Affair: A Program to Help You Cope, Heal, and Move On -- Together or Apart What to Eat During Cancer Treatment: 100 Great-Tasting, Family-Friendly Recipes to Help You Cope The Way of Wisdom for Diabetes: Cope with Stress, Move More, Lose Weight and Keep Hope Alive The Other in Jewish Thought and History: Constructions of Jewish Culture and Identity (New Perspectives on Jewish Studies) Wired for Dating: How Understanding Neurobiology and Attachment Style Can Help You Find Your Ideal Mate Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Your Sexually Addicted Spouse: How Partners Can Cope and Heal The Tools (Miniature Edition): 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion Words of Comfort for Times of Loss: Help and Hope When You're Grieving DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer What You Need To Know: When You Can't Find Your UNIX System Administrator

[Dmca](#)