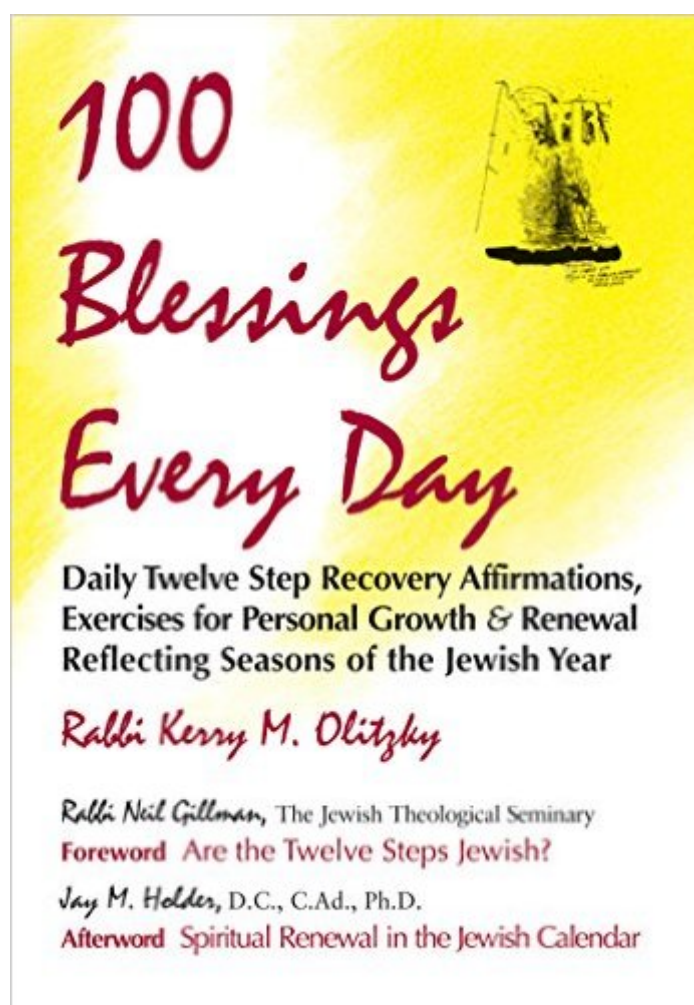


The book was found

100 Blessings Every Day: Daily Twelve Step Recovery Affirmations, Exercises For Personal Growth & Renewal Reflecting Seasons Of The Jewish Year



Synopsis

This book is not just for Jewish people. It is for all people who would gain strength to heal and insight from the Jewish tradition. Using a one-day-at-a-time monthly format, a spiritual leader who continues to reach out to addicted people, and all those seeking spiritual renewal, reflects on the rhythm of the Jewish calendar with recovering people and other teachers. Together they bring insight to recovery from addictions and compulsive behaviors of all kinds. This sensitive volume soars with the spirit of the Jewish soul and year. Its "exercises" help us move from thinking to doing.

Book Information

Series: Twelve Step Recovery

Paperback: 432 pages

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Product Dimensions: 4.5 x 0.1 x 2.6 inches

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (11 customer reviews)

Best Sellers Rank: #329,372 in Books (See Top 100 in Books) #66 in Â Books > Religion & Spirituality > Judaism > Prayerbooks #281 in Â Books > Religion & Spirituality > Judaism > Jewish Life #353 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs

Customer Reviews

I still use this every morning to center myself and have a positive G-d centered thought for the day. I think it was specifically created for Jews in recovery but all of us have demons and can utilize this tiny and fat source of wisdom. Everything Olitz touches turns to gold...really, buy this book.

This daily meditation book is geared for Jews in recovery. It is not geared for any one addiction but for all. It is based on the Hebrew calendar but has only one Adar. I've used this book daily for several years.

This review is for the Kindle version. I own both printed and kindle versions. Using my Kindle, I had hoped to read each day's meditation while on the go. The idea behind the book is to reflect on the seasons of the Jewish year. To do this, you need the Jewish dates in the book to find the

mediation for the day. If the date is "May 13, 2010", then the Jewish date is "29 Iyar". Tomorrow you go to the next entry and so on. The print has the Jewish dates, Kindle does not. For example, in the print, this entry starts with the heading "Iyar: Independence Day 29: Healed by Love". Kindle just starts with quoted phrase of the day. Totally backwards, To find my starting point in Kindle, I had to look it up in print then search Kindle. Sheer laziness! The font for the the heading containing the Jewish date and "thought for the day" and the "For Growth and Renewal" section in each day are identical. It should have been "kindled" first time around. I hope whoever "kindled" this title will re-do it and include the Jewish dates.

I have enjoyed the short, simple, pithy, daily thoughts, even though I am not Jewish. The entries are just long enough to give me something to ponder. And the exercises are uncomplicated, and helpful.

The kindle edition has been updated to include the Jewish date for each day's reflection, matching the format of the print edition. It is now easy to follow the daily source of inspiration that is found in this book.

I read this book every day. It is wonderful to have daily recovery meditations that are based on the Jewish calendar. I personally found the meditations for the month of Elul especially inspiring and relevant.

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