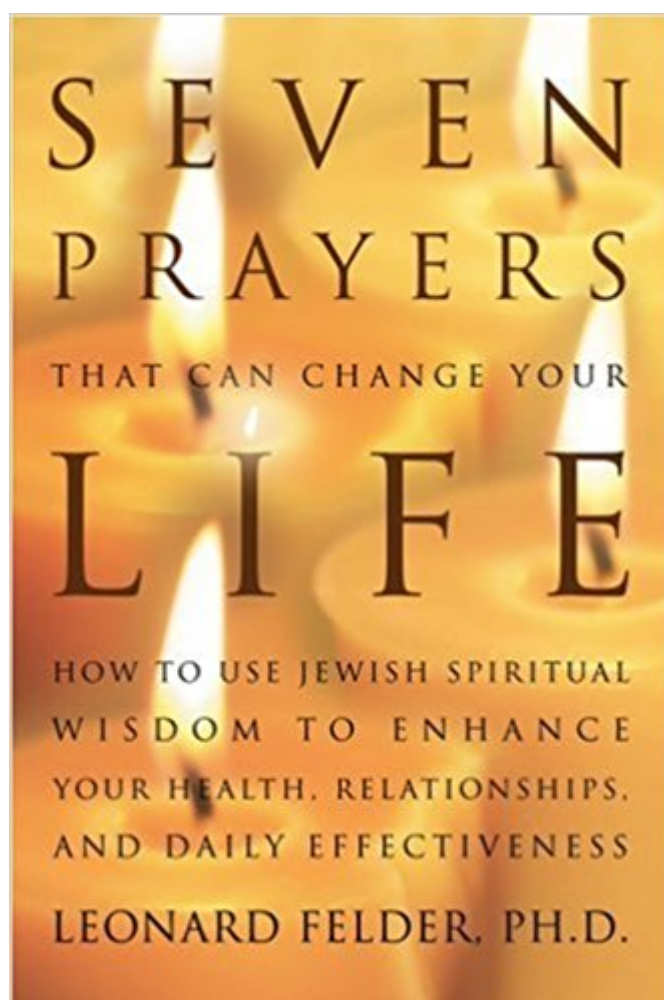


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# Seven Prayers That Can Change Your Life: How To Use Jewish Spiritual Wisdom To Enhance Your Health, Relationships, And Daily Effectiveness





## Synopsis

The prayers from *Seven Prayers That Can Change Your Life* will assist you on a stressful day whether you consider yourself religious, spiritual, not very religious, or very skeptical. These 7 profound sources of strength include: *How to Start Each Morning with a Much Better Frame of Mind. How to Refocus When You're Feeling Stressed or Distracted. How to Resolve Tension and Misunderstandings Between You and Someone Else. A Creative Way to Unwind and Find Peace at Least Three Times a Day. Going Deeper into Prayers for Healing and Wholeness. How to Break Free from a Habit that Hurts You or Others. A Highly-Effective Way to End the Day with Deeper Insights and Serenity.*

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## Customer Reviews

Jewish prayer isn't just for Jews anymore, says psychologist Leonard Felder in *Seven Prayers That Can Change Your Life: How to Use Jewish Spiritual Wisdom to Enhance Your Health, Relationships, and Daily Effectiveness*. Felder draws on classic Jewish prayers to help Jews and non-Jews who are struggling with their relationships or have too much stress in their lives. The concept of not needing to reinvent the prayer wheel is a good one, though some readers will question Felder's Hebrew-to-English translations (for *melekh ha-olam*, for example, he eschews the traditional "Ruler of the Universe" in favor of the more antiseptic "Pulsing Source of all that exists in the world"). Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Each chapter in SEVEN PRAYERS THAT CAN CHANGE YOUR LIFE focuses on a specific prayer that is extremely helpful for resolving a particular issue. The chapters are: 1 A Prayer to Help You Start Each Morning with a Much Better Frame of Mind 2 A Prayer to Help You Refocus When You're Feeling Stressed or Distracted 3 A Prayer to Resolve the Tensions and Misunderstandings Between You and Someone Else 4 A Prayer So You Can Unwind and Find Peace at Least Three Times a Day 5 A Prayer to Help Heal the Body and the Soul of You or Someone You Love 6 A Prayer for Breaking Free from a Habit that Hurts You or Others 7 A Prayer to Help You End the Day with Deeper Insights and Serenity Appendix A: Recent Research Findings About Prayer Appendix B: Additional Information on Using Prayer for Physical Healing Rachel Naomi Remen, MD, author of the bestseller KITCHEN TABLE WISDOM, says, "This book is a night light for anyone, Jewish or not, who has ever struggled in the dark to become the person they hope to be. I support Dr. Felder's approach for helping us find strength and wholeness." SEVEN PRAYERS THAT CAN CHANGE YOUR LIFE is intended for readers from all levels of spiritual involvement and affiliation. To see how you might benefit from reading and applying some or all of the chapters in this book, consider which of the following descriptions sound like you or someone you know: 1) Have you recited certain prayers for years and often wondered what they really mean, where they come from, or how they actually work? 2) Have you found some prayers confusing, uncomfortable, or upsetting because you disagree with what they seem to be saying? 3) Is there a problem in your life right now that you would like to pray about, but you're not sure what words to use or how to be most effective? 4) Do you long for a deeper connection with your spiritual side or with God, but you haven't been able to find sufficient time or the right words to open up as fully as you'd like? 5) Are you looking for ways to use prayer to become a better person or to assist in the healing or recovery of yourself or someone you care about? 6) Do you have a rich inner life but want to go even deeper into the realms of prayer or meditation? 7) Are you a parent, grandparent, teaching or concerned person who wants to make sure the next generation receives a more inspiring introduction to prayer and spirituality than you did? --This text refers to an out of print or unavailable edition of this title.

Each chapter gives a chance to reinterpret and find new meaning in blessings that can be applied day to day.

All prayers /blessings beautifully presented with teachings to bring healing and repair into our lives and around the world.

OK, but too lightweight for me!

This book have a lot of Jewish prayers, the book has helped me in my life~

Clearly Dr. Felder channel his intuition, sharp analyzation skills and deep interest in personal growth with man's search for spiritual meaning through his years of psychotherapy. The question of how to search for a life of meaning that is supported with prayers opened him as I am guessing to explore these seven Judaic prayers. It is quite a feat to keep the prayers pure, stay in front of ourselves and find the strength not to go to our habits. Dr Felder wrote this with clarity using his own life experiences and gave great examples of how his clients used these prayers in their daily life. I can tell you it's not easy. Work like this is hard but the results blossom with peace, meaning and commitment.

When I picked up this book, I expected not to like it. It was, after all, exploring tradional Jewish prayers, so I expected it to be patriarchal and devoid of spirit. Instead, I have found a way to say these old prayers with new understanding. Each chapter offers an everyday situation, and a traditional prayer to help one find the holiness in that moment. The reader is encouraged to think deeply about the words of the prayer, to question, to wrestle with it, to learn the roots of the words and think about all the different possible meanings. Felder discusses the wisdom of the prayers, of the rabbis, in terms of our psychological needs, and much of his argument is convincing. Each chapter ends with the opportunity to pray in your own words, from the heart, so that each prayer is new. Through reading this book, the Shema has opened up to me as an opportunity to affirm both the boundlessness and the indwellingness of G-d, rather than being an affirmation of G-d's maleness (Lord of the Universe.) That is what I hope for in any book - that it will nourish my mind and spirit.

this is a wonderful book, that truly does "unpack" some of the most essential jewish prayers and help one use them in daily life.

As a congregational rabbi interested in both the therapeutic and religious aspects of various disorders, I found this book to be well-written, clear and succinct in its formulations. This is a very useful tool for clergy of all religious faiths, as well as those in the mental health profession interested

in a spiritual approach to their work.

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