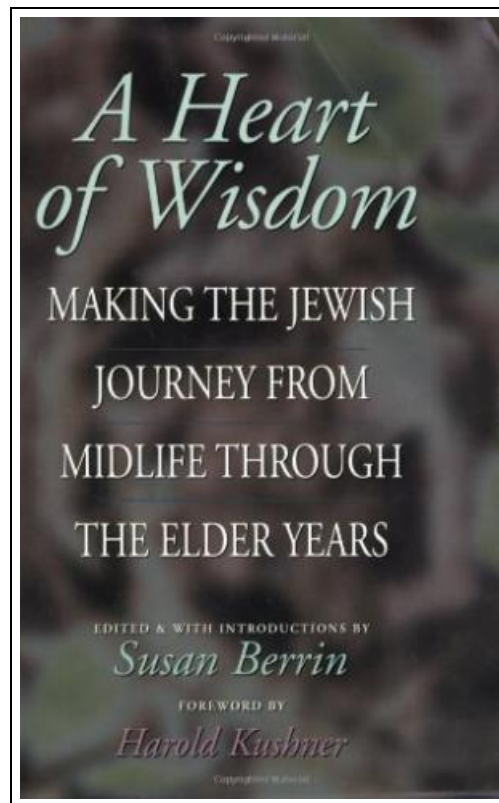


## A Heart of Wisdom: Making the Jewish Journey from Mid-life Through the Elder Years



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Jewish Lights Publishing, United States, 2000. Paperback. Book Condition: New. New edition. 232 x 154 mm. Language: English . Brand New Book. We all are growing older. A Heart of Wisdom shows us how to understand and meet the challenges of our own process of aging and the aging of those we care about from a Jewish perspective, from midlife through the elder years. How does Jewish tradition influence our own aging? What are the tasks and the meaning of aging? How does being Jewish inform our relationships with the elderly? How does living, thinking and worshipping as a Jew affect us as we age? How can Jewish tradition help us retain our dignity as we age? Over 40 contributors people who themselves are dealing with the unique life passages that aging brings; their loved ones; and the rabbis, social workers and other professionals who assist them offer their insights about the changes and new perspectives that come with aging, retiring, growing, learning, caring for elderly parents, living and dying. By sharing experiences in direct and personal narratives, poems, ceremonies and stories, they help us explore: Offering enlightenment from Jewish tradition, A Heart of Wisdom is not just for the middle-aged, the old or the soon-to-be old. It is for all of us. What traditional religious texts have to teach us about aging. Ways to cherish the integrity of the aging process. Women's unique roles as they age in our changing society. Advice for all generations on how to meet the opportunities and difficulties of aging. Creative ceremonies to mark milestones in our lives and in the lives of senior citizens. Contributors: Martha Joy Aft Aliza Auerbach Phyllis Ocean Berman Susan Berrin Paul Citrin Thomas R. Cole Ruth Daigon Eliezer Diamond Maggie Dwyer Ben Engelman Linda H. Feinberg Linda Knaster Feldman Dayle A. Friedman Everett Gendler Mary...



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