



## **The Jewish Book of Grief and Healing: A Spiritual Companion for Mourning**

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# The Jewish Book of Grief and Healing: A Spiritual Companion for Mourning

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Wisdom, solace and inspiration from Jewish tradition to bring you hope and healing after loss.

"Mourning can open doors you may not have imagined before your life was shaken by loss. This book provides keys to those doors and a way into the rooms beyond them. Whether you stand at grief's threshold or give counsel to someone who does, this book can offer guidance.... With words of wisdom, ranging from comforting to provocative, each author stands at the entrance to one of mourning's doors, extending a hand to offer the key you will need, inviting you into one of these deep conversations."  
?from the Preface by **Rabbi Anne Brener, LCSW**

Beloved and respected spiritual leaders from across the Jewish denominational spectrum share insights from their experience, Jewish tradition and their personal encounters with grief and healing. This wide range of perspectives, offered with grace and compassion, will be a treasured resource in your time of grief. Whether mourning a recent loss or experiencing pain from old scars, you will be encouraged and challenged to be fully, vulnerably present to your emotions; forgive your own shortcomings and those of others; and remain open to love despite pain and uncertainty.

### Contributors:

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For use by individuals as well as in groups or counseling settings.

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#### **Jake Harris:**

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