



A Book of Life: Embracing Judaism as a Spiritual Practice

Rabbi Michael Strassfeld

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A book that charts a clear path to a more spiritually rich practice of Judaism?from the coauthor of the best-selling *Jewish Catalog* volumes.

For all the cycles of life, best-selling author Rabbi Michael Strassfeld presents traditional Jewish teachings as a guide to behavior and values. Where the tradition is replete with rituals (for example, the Sabbath), he describes them and shows how they can enrich spiritual living. Where rituals are sparse or nonexistent (for example, returning home at the end of the workday), he suggests new ones gleaned from his own study and experience.

Strassfeld also brings the principles of "insight meditation" to Jewish life, using this practice to recover and reconstruct Judaism's spiritual dimension. He describes a Judaism that encourages within us a spiritual awareness as we participate in both traditional Jewish practices and the mundane activities of daily life. By engaging with Jewish tradition in ways that recapture its original *kavanah*, or intention, we will, Strassfeld maintains, achieve the two fundamental goals of Judaism-to become better human beings and to be in God's presence. (Hardcover published in 2002 by Schocken Books, ISBN 0-8052-4124-8.)

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