



## The Handbook of Jewish Meditation Practices: A Guide for Enriching the Sabbath and Other Days of Your Life (Paperback)

By David A. Cooper

Jewish Lights Publishing, United States, 2001. Paperback. Condition: New. Revised. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. To nourish your spiritual self you need rest from your hectic life. This book shows you how to do it. Renew the soul and your perspective of daily life will completely change. It is simply a matter of taking time, slowing down, shifting mundane consciousness into realms of higher insight and giving yourself the gift of reflection and contemplation. --from the Introduction While broad interest in Jewish meditation is a relatively new phenomenon, meditative practices have been deeply rooted in Judaism for thousands of years. Here, Rabbi David A. Cooper shows newcomers and experienced meditators alike how Jewish meditation can be an integral part of daily life, and can refresh us in our day-to-day encounters with ourselves, other people and in ritual, prayer, Torah study and our celebration of the Sabbath and other holy days.



**READ ONLINE**  
[ 7.51 MB ]

### Reviews

*Extensive information for book fanatics. Better than never, though i am quite late in start reading this one. I am just delighted to tell you that this is basically the best pdf i actually have go through within my personal daily life and might be he greatest pdf for actually.*

-- **Guillermo Marquardt**

*This publication can be really worth a go through, and superior to other. It is amongst the most amazing publication we have go through. You wont feel monotony at anytime of your own time (that's what catalogues are for about when you request me).*

-- **Ms. Elda Schaden MD**