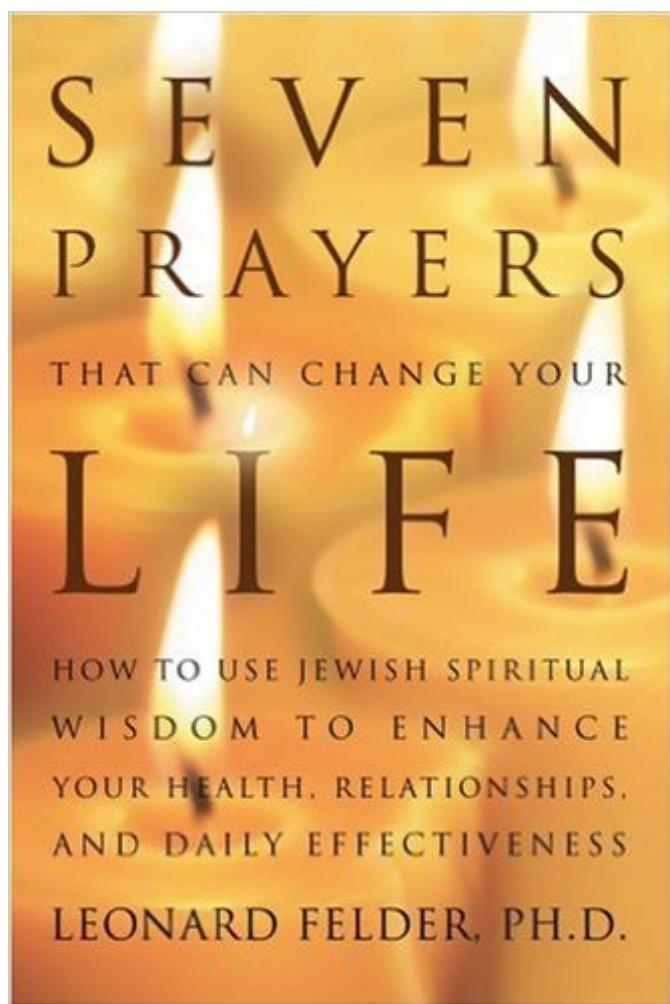


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# **Seven Prayers That Can Change Your Life: How To Use Jewish Spiritual Wisdom To Enhance Your Health, Relationships, And Daily Effectiveness**



## **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.

## **Book Information**

Paperback: 174 pages

Publisher: iUniverse, Inc. (November 3, 2005)

Language: English

ISBN-10: 0595370136

ISBN-13: 978-0595370139

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (16 customer reviews)

Best Sellers Rank: #568,641 in Books (See Top 100 in Books) #19 inÂ  Books > Teens > Religion & Spirituality > Judaism #78 inÂ  Books > Christian Books & Bibles > Children's & Teens > Teens > Devotionals & Prayer #3758 inÂ  Books > Religion & Spirituality > Worship & Devotion > Inspirational

## **Customer Reviews**

Very easy to read and practical. I was surprised at how these prayers actually help with daily issues such as distractibility, stress reduction, and family conflicts. There is a great prayer to substitute for the cruder expressions that come to mind in certain traffic situations! I wish I'd had the book when I was younger, and will probably give it as an add-on to bar and bat mitzvah gifts. Felder's approach is so non-dogmatic and respectful of each individual's different approach to God that even my adolescent daughter has been "caught" reading it.

When I picked up this book, I expected not to like it. It was, after all, exploring traditional 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.

I liked this book because it was an unthreatening and insightful introduction to prayer. No one ever talks much about prayer, at least not the daily kind of prayer one might do in the morning, before meals, and at night. This book explains how to do it from a Jewish perspective, and makes a strong case for the benefits of prayer to a person's life. Since reading this book, I've tried to say a prayer before eating - it's great because it slows down my eating and adds some holiness to my day. If you're looking for a way to focus some of that nervous energy we all generate to something larger and wiser than yourself, this book will help you start.

Larry Felder is a wise and gentle soul. With all the books out there addressing the public's desire to either return to their roots or to connect with some sense of large spirituality, few can match Felder's ability to give concrete steps for each of our hectic lives. I especially enjoyed the anecdotes about how incorporating prayer into daily life motions impacted his clients', his family's, and his own life. A true must-read for those interested in sharpening the focus of their lives and facing life with greater compassion.

Clearly Dr. Felder channels his intuition, sharp analysis 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.

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.

When I first came across this Gem of a book by Rabbi Felder, I first thought, "How can I begin to change my Life at age 76? Then I carefully chose from the Chapter headings Chap Two ..."A Prayer to Help You Refocus When You're Stressed or Distracted" and Chapter Four, "A Prayer So You Can Unwind and Find Peace at Least Three Times a Day." "Barookh Ata Adonai Eloheinu melekh ha-olam" or "Blessed are You, Eternal One, Energy Source of the Universe." Both chapters began with versions of this ancient Rabbinical Prayer! Since I was in the process of auditing Prof Walter Brueggemann's Theology Class in The OLD TESTAMENT, I heard him begin every Lecture with a written personal prayer. Seldom did he ever use Hebrew, other than, "YAHWEH, Creator Of The Universe." It became his ritual for opening each class with prayers related to his chosen O.T. scripture passage. Since I've always felt that deeper need to be able to use the valued Hebrew Texts for my private prayers, I am enjoying an opportunity more often, I am fondly in touch with the Rabbi's texts. Reviewed by Retired Chaplain, Fred W Hood, "Barbara377" (Fayetteville Ga United States)

As the title indicates, this prayer focuses on seven Jewish prayers, reinterpreting them as ways to make one more focused on important things and less upset with others. Some interpretations grabbed me- others, not so much. Some of the more interesting examples: \*Felder interprets the "hand-washing" prayer (commonly used before certain meals and upon waking) as a prayer for God to help you "lift up your hands" to refocus on a higher purpose. \*He interprets the "priestly blessing" (see Numbers 6:22-27) as a prayer to resolve tension with others, praying for the other individual to "live up to his or her true purpose" and thus making the prayer less upset with that individual.

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