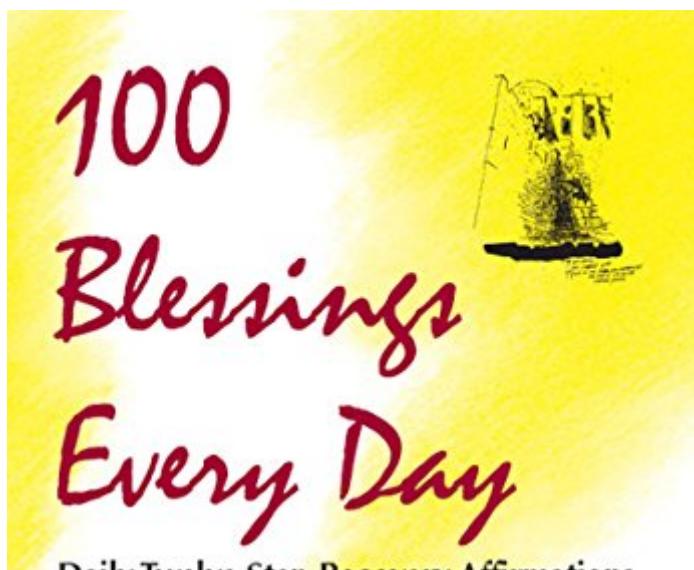


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# 100 Blessings Every Day: Daily Twelve Step Recovery Affirmations, Exercises For Personal Growth & Renewal Reflecting Seasons Of The Jewish Year



Daily Twelve Step Recovery Affirmations,  
Exercises for Personal Growth & Renewal  
Reflecting Seasons of the Jewish Year

*Rabbi Kerry M. Olitzky*

*Rabbi Neil Gillman*, The Jewish Theological Seminary  
Foreword *Are the Twelve Steps Jewish?*

*Jay M. Holder*, D.C., C.Ad., Ph.D.  
Afterword *Spiritual Renewal in the Jewish Calendar*



## **Synopsis**

This book is not just for Jewish people. It is for all people who would gain strength to heal and insight from the Jewish tradition. Using a one-day-at-a-time monthly format, a spiritual leader who continues to reach out to addicted people, and all those seeking spiritual renewal, reflects on the rhythm of the Jewish calendar with recovering people and other teachers. Together they bring insight to recovery from addictions and compulsive behaviors of all kinds. This sensitive volume soars with the spirit of the Jewish soul and year. Its "exercises" help us move from thinking to doing.

## **Book Information**

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## **Customer Reviews**

You have to go with the Jewish year. This book is from a long time ago. My friend I purchased it for said he just started reading 1 day at a time so it won't go around the Jewish calendar or holidays but it will provide good inspiration.

This daily meditation book is geared for Jews in recovery. It is not geared for any one addiction but

for all. It is based on the Hebrew calendar but has only one Adar. I've used this book daily for several years.

This review is for the Kindle version. I own both printed and Kindle versions. Using my Kindle, I had hoped to read each day's meditation while on the go. The idea behind the book is to reflect on the seasons of the Jewish year. To do this, you need the Jewish dates in the book to find the meditation for the day. If the date is "May 13, 2010", then the Jewish date is "29 Iyar". Tomorrow you go to the next entry and so on. The print has the Jewish dates, Kindle does not. For example, in the print, this entry starts with the heading "Iyar: Independence Day 29: Healed by Love". Kindle just starts with quoted phrase of the day. Totally backwards. To find my starting point in Kindle, I had to look it up in print then search Kindle. Sheer laziness! The font for the the heading containing the Jewish date and "thought for the day" and the "For Growth and Renewal" section in each day are identical. It should have been "kindled" first time around. I hope whoever "kindled" this title will re-do it and include the Jewish dates.

I thought it would tell me a bit more of the Jewish History

Keeps me in tune with the Jewish calendar and links my Jewish faith with the 12 steps. I'm using it for the second year. Wish I'd had it when I was younger in sobriety.

An excellent book I have used for years. This was sent to a friend.

Very inspirational. Love this book!

The kindle edition has been updated to include the Jewish date for each day's reflection, matching the format of the print edition. It is now easy to follow the daily source of inspiration that is found in this book.

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Memory Exercises Guide! (memory exercises, memory, brain training) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Keep It Simple: Daily Meditations For Twelve-Step Beginnings And Renewal (Hazelden Meditation Series) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Blessings Every Day: 365 Simple Devotions for the Very Young (Little Blessings) Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Attract Money Affirmations: Powerful Daily Affirmations to Attract Wealth and Abundance to Your Life Using the Law of Attraction Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Be Great at Sales Affirmations: Positive Daily Affirmations to Help You Become a Great Salesman and Attract More Prospects Using the Law of Attraction, Self-Hypnosis, & Guided Meditation Daily Planner - Personal: Day Planner ( Weekly at a glance layout with goals \* Start any time of year \* 52 spacious weeks \* Large softback 8" x 10" ... Wonder Woman ] (Daily Planners & Organizers) Twelve Hours' Sleep by Twelve Weeks Old: A Step-by-Step Plan for Baby Sleep Success Acrylic: Seasons: Learn to paint the colors of the seasons step by step (How to Draw & Paint) Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) The Complete Cook's Country TV Show Cookbook : Every Recipe, Every Ingredient Testing, Every Equipment Rating from All 9 Seasons

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