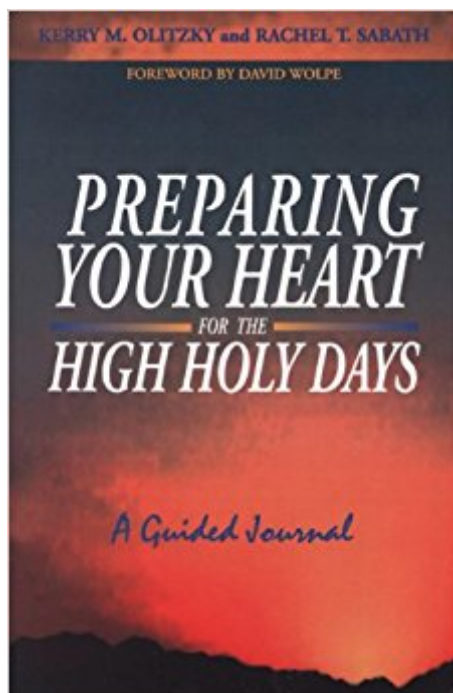


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# Preparing Your Heart For The High Holy Days



## Synopsis

This spiritual guided journal will help you prepare your heart and soul for the Jewish New Year.

## Book Information

Paperback: 100 pages

Publisher: The Jewish Publication Society (June 1, 1996)

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Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #106,881 in Books (See Top 100 in Books) #15 in [Books > Religion & Spirituality > Judaism > Holidays](#) #52 in [Books > Religion & Spirituality > Judaism > Jewish Life](#) #310 in [Books > Christian Books & Bibles > Worship & Devotion > Meditations](#)

## Customer Reviews

To pave the way for the High Holy Days, which herald repentance and renewal, Jewish tradition encourages 40 days of introspection and self-reflection. Olitzky and Sabath, both Reform rabbis, guide readers through this process of taking moral inventory. They outline 40 steps to repentance, each consisting of a page of reflections drawn from biblical, rabbinic, medieval and contemporary sources. The facing page is blank, except for a meditation meant to trigger individual responses. Though the meditations often sound hackneyed ("healing begins when we acknowledge we are broken

In these splendid and heartfelt meditations, rabbis Olitzky and Sabath weave a colorful tapestry of repentance and renewal from the threads of Scripture and tradition. The rabbis use a passage from Psalm 27, Rabbi Jonah of Genoa's Gates of Repentance, and Moses Maimonides's Laws of Repentance as well as excerpts from teachers like Abraham Joshua Heschel and Joseph Soloveitchik to guide believers on their journeys through the High Holy Days of Rosh Hashana and Yom Kippur. A beautifully rendered journal that captures the spiritual core of the observances. Copyright 1996 Reed Business Information, Inc.

I used this book as a devotional and planned out my days before Yom Kipper, reading the daily

page and learning Jewish words and the meaning behind them. Very informative book on this important time of the year. Here's a gem and sampling: Becoming someone and something else, however, means first confronting who we are. It means confessing aloud to God, and thereby to ourselves, each action we regret and about which we are embarrassed. We review those acts we regret and tell God and ourselves how we will try to handle each situation differently next time. God is giving us another chance. What we make of this opportunity, what we make of ourselves in the year to come, Depends on our doing t'shuvah now.

Ended up giving this away, but the parts I read were super interesting. Very appropriate for approaching the High Holidays.

Great read, helps with the process of introspection and reflection!

Have just started using this book and already I have learned a great deal about the High Holy Days. And the world are encouraging me to think more deeply than I had I imagined beforehand.

Very inspirational for the High Holy Days and other days.

This book offers a great opportunity to begin the forty days of Elul as Jews prepare for the High Holy Days.

Excellent book. Daily brings you into a deep inner searching in order to come to full repentance--t'shuvah. Not a book to be just "read", but one that must be acted upon daily to bring about its intent--true repentance for each reader, and a closer walk with God.

Excellent read?

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