



Jewish Family Service

RAFAEL LIBRARY RESOURCES

Library resources include pamphlets, books, audiotapes, videotapes and CDs. The bibliography of resources below describes the pamphlets first and then the rest of the collection.

PAMPHLETS

Life Lights: Help for Wholeness and Healing

Jewish Lights Publishing, Woodstock, VT
<http://www.jewishlights.com>

This series of 12-page pamphlets edited by Rabbi Nancy Flam provides information about a myriad of different topics as they relate to Jewish spiritual healing. Each pamphlet includes a bibliography of relevant resource materials for more in-depth information.

Life Lights Pamphlets: Death, Dying, Grief, and Bereavement

Address, Richard F. Making Sacred Choices at the End of Life. 2000.

Brener, Anne. Taking the Time You Need to Mourn Your Loss. 2000.

Cardin, Nina B. Mourning a Miscarriage. 2000.

Cowan, Rachel. Coping with the Death of a Spouse. 2000.

Eilberg, Amy. When Someone You Love Is Dying. 2000.

Liss-Levinson, Nechama. Talking to Children about Death. 2003.

Spitz, Elie K. Do Jews Believe in the Soul's Survival? 2002.

Life Lights Pamphlets: Physical and Mental Illness

Davidowitz-Farkas, Zahara. Facing and Recovering from Surgery. 2002.

Dinkin, Roxanne H. Living with Cancer, One Day at a Time. 2000.

Friedman, Dayle A. When Someone You Love Needs Long Term Care. 2000.

Lamm, Maurice. Jewish Hospice: To Live, To Hope, To Heal. 2000.

Wenig, Margaret M., and Frank, Miriam. When Madness Comes Home: Living in the Shadow of a Loved One's Mental Illness. 2002.

Life Lights Pamphlets: Caregiving

Grollman, Earl A. Caring for Yourself When Your Are Caring for Someone Who Is Ill. 2000.

Life Lights Pamphlets: God and Healing

Flam, Nancy. Yearning for God. 2000.

Sasso, Sandy E. Talking to Your Children about God. 2002.

Schulweis, Harold M. Bringing Your Sadness to God. 2000.

Life Lights Pamphlets: Healing Practices and Resources

Addison, Howard A. Finding the Help You Need: Psychotherapy, Pastoral Counseling, and the Promise of Spiritual Direction. 2003.

Graubart, Philip. Exploring Judaism as an Adult. 2002.

Green, Nan F. Jewish Meditation: How to Begin Your Practice. 2002.

Hoffman, Lawrence A. Praying in Hard Times: The Soul's Imaginings. 2002.

Wechsler-Azen, Nancy. Surviving a Crisis or a Tragedy. 2000.

Weinberg, Sheila P. Easing the Burden of Stress. 2000.

Wolpe, David. Finding a Way to Forgive. 2000.

Life Lights Pamphlets: Other Concerns

Case, Edmund C. Interfaith Families Making Jewish Choices. 2003.

Eisen, Efraim, and Eisen, Rosalie. To Meet Your Soul Mate, You Must Meet Your Soul. 2002.

Kleinbaum, Sharon A. and Wenig, Margaret M. There's a Place for Us: Gays and Lesbians in the Jewish Community. 2002.

Lew, Alan. Looking Back on Divorce and Letting Go. 2000.

Netter, Perry. Parenting through a Divorce. 2003.

Twerski, Abraham J. Recognizing a Loved One's Addiction, and Providing Help. 2003.

BOOKS AND AUDIO-VIDEO COLLECTION - DEATH, DYING, GRIEF, AND BEREAVEMENT

Brener, Anne. Mourning & Mitzvah: A Guided Journal for Walking the Mourner's Path Through Grief to Healing. 2nd Ed. Woodstock, VT: Jewish Lights, 2004.

Cardin, Nina B. Tears of Sorrow, Seeds of Hope: A Jewish Spiritual Companion for Infertility and Pregnancy Loss. Woodstock, VT: Jewish Lights, 1999.

Dorff, Elliot N. Matters of Life and Death: A Jewish Approach to Modern Medical Ethics. Philadelphia, PA: The Jewish Publication Society, 1998.

Greenberg, Sidney, ed. A Treasury of Comfort. North Hollywood, CA: Wilshire Book Company, 1975. Anthology of many authors' brief writings on death, grief, faith, and sorrow.

Grollman, Earl A. Living When A Loved One Has Died. Boston, MA: Beacon Press, 1995.

Lamm, Maurice. The Jewish Way in Death and Mourning. Middle Village, NY: Jonathan David Publishers, 1969.

Levy, Yamin. Confronting the Loss of a Baby: A Personal and Jewish Perspective. Hoboken, NJ: KTAV Publishing House, 1998.

Rabinowicz, Tzvi. A Guide to Life: Jewish Laws and Customs of Mourning. Northvale, NJ: Jason Aronson, 1989.

Reimer, J. and Stampfer, N., eds. So That Your Values Live On – Ethical Wills and How to Prepare Them. Woodstock, VT: Jewish Lights, 2003.

Service Corporation International. A Child's View of Grief. Picking Up the Pieces. Service Corporation International. 1 videotape.

Service Corporation International. Living With Grief After Sudden Loss. Picking Up the Pieces. Service Corporation International. 1 videotape.

Service Corporation International. Someone You Love is Dying. How Do You Cope? Picking Up the Pieces. 1 videotape.

Sue Marx Films (Producer). Generation to Generation: Jewish Families Talk About Death. Birmingham, MI: Sue Marks Films and Jewish Federation of Metropolitan Detroit. 1 videotape. 35 minutes.

Sunderland, Ronald. Working Through Your Grief. Picking Up the Pieces. Service Corporation International, 1989. 1 videotape.

Teutsch, David and Waxman, Deborah, eds. Behoref Hayamim/In the Winter of Life: A Values-Based Jewish Guide for Decision Making at the End of Life. Wyncote, PA: Reconstructionist Rabbinical College Press, 2002.

Wolfelt, Alan D. A Child's View of Grief: A Guide for Caring Adults. Picking Up the Pieces. CO. Service Corporation International, 1990.

CAREGIVING

Blanchard, Tsvi. Joining Heaven and Earth: Maimonides and the Laws of Bikkur Cholim. The Jewish Healing Center, 1994. On visiting people who are ill.

Morris, Virginia. How to Care for Aging Parents. Abridged Edition. New York, NY: Workman Publishing, 1996.

Waxman, Stephanie. A Helping Handbook: When a Loved One is Critically Ill. 2nd Ed.

Venice, CA: Marco Press, 2000. A workbook for exploring personal feelings and actions.

HEALING PRAYERS AND THOUGHTS

Chiel, Arthur A. and Sandrow, Edward T. Fountain of Life. New York, NY: The Rabbinical Assembly, 1975. Thoughts and prayers on healing and recovery.

Mykoff, Moshe. The Empty Chair: Finding Hope and Joy: Timeless Wisdom from a Hasidic Master Rebbe Nachman of Breslov. Woodstock, VT: Jewish Lights, 2005.

Mykoff, Moshe, and Mizrahi, S. C. The Gentle Weapon: Prayers for Everyday and Not-So-Everyday Moments: Timeless Wisdom from the Teachings of the Hasidic Master Rebbe

Nachman of Breslov. Woodstock, VT: Jewish Lights, 2004

Weintraub, Simkha Y., ed. Healing of Soul, Healing of Body: Spiritual Leaders Unfold the Strength & Solace in Psalms. Woodstock, VT: Jewish Lights, 2002.

JEWISH PERSPECTIVES ON SUFFERING AND DEPRESSION

Aiken, Lisa. *Why Me, God? A Jewish Guide for Coping with Suffering*. Northvale, NJ: Jason Aronson, 1997.

Gordon, Sol. *When Living Hurts: For Teenagers, Young Adults, their Parents, Teachers, and Counselors*. New York, NY: URJ Press.

Kushner, Harold S. *When Bad Things Happen to Good People*. New York, NY: Avon, 1981.

JEWISH SPIRITUALITY

Besserman, Perle. *Kabbalah: The Way of the Jewish Mystic*. Sudbury, MA: Shambhala Publications, 1999. 2 cassettes. 3 hours.

Feld, Edward. *The Spirit of Renewal: Crisis and Response in Jewish Life*. Woodstock, VT: Jewish Lights, 1991.

Finkel, Avraham Y. *In My Flesh I See God: A Treasury of Rabbinic Insights about the Human Anatomy*. Northvale, NJ: Jason Aronson, 1995

Bleich, J. D. *Judaism and Healing: Halakhic Perspectives*. Hoboken, NJ: KTAV Publishing, 1981. Medical bio-ethics.

Hoffman, Lawrence A. and Wolf, Arnold J. *Jewish Spiritual Journeys*. West Orange, NJ: Behrman House, 1997.

Kamenetz, Rodger. *The Jew in the Lotus: A Poet's Rediscovery of Jewish Identity in Buddhist India*. New York, NY: HarperSanFrancisco, 1994.

ADDICTION ISSUES/JUDAIC PERSPECTIVE

Olitzky, Kerry M. *Recovery from Codependence: A Jewish Twelve Steps Guide to Healing Your Soul*. Woodstock, VT: Jewish Lights, 1993.

Olitzky, Kerry M. and Copans, Stuart A. *Twelve Jewish Steps to Recovery*. Woodstock, VT: Jewish Lights, 1991.

Olitzky, Kerry M. and Z., Aaron. *Renewed Each Day: Daily Twelve Step Recovery Meditations Based on the Bible. Volume 1: Genesis & Exodus*. Woodstock, VT: Jewish Lights, 1992.

Olitzky, Kerry M. and Z., Aaron. *Renewed Each Day: Daily Twelve Step Recovery Meditations Based on the Bible. Volume 2: Leviticus, Numbers & Deuteronomy*. Woodstock, VT: Jewish Lights, 1992.

JEWISH MEDITATION

Davis, Avram, ed. *Meditation from the Heart of Judaism*. Woodstock, VT: Jewish Lights, 1999.

Kaplan, Aryeh. *Jewish Meditation: A Practical Guide*. New York, NY: Schocken Books, 1985.

JEWISH PRACTICE

Bial, Morrison D. *Liberal Judaism at Home: The Practices of Modern Reform Judaism*. Union of American Hebrew Congregations, 1971.

Cardozo, Arlene Rossen. *Jewish Family Celebrations: The Sabbath, Festivals, and Ceremonies*. New York, NY: St. Martin's Press, 1982.

Donin, Hayim H. *To Be A Jew: A Guide to Jewish Observance in Contemporary Life*. New York, NY: BasicBooks, 1972

Sonsino, Rifat and Syme, Daniel B. Finding God: Ten Jewish Responses. New York, NY: Union of American Hebrew Congregations, 1986.

Steinberg, Milton. Basic Judaism. New York, NY: Harcourt, Brace, and World, 1947.

Strassfeld, Sharon and Green, Kathy. The Jewish Family Book: A Creative Approach to Raising Kids. New York, NY: Bantam, 1981.

JEWISH THEOLOGY

Wolf, Arnold J., ed. Rediscovering Judaism: Reflections on a New Theology. Chicago, IL: Quadrangle Books, 1965.

PRAYERS FOR SHABBAT AND JEWISH HOLIDAYS

Bronstein, Herbert (Ed.). A Passover Haggadah: The New Union Haggadah. New York, NY:

Central Conference of American Rabbis, 1975. Drawings by Leonard Baskin.

Silberman, Shoshana. A Family Haggadah. Rockville, MD: Kar-Ben Copies, 1987.

Illustrated by Katherine Janus Kahn. For adults and children alike.

Silverman, Morris. High Holiday Prayer Book. Hartford, CT: Prayer Book Press, 1950.

Stern, Chaim, ed. Gates of Prayer: The New Union Prayerbook. New York, NY: Central Conference of American Rabbis, 1975.

Stern, Chaim, ed. Gates of the House: The New Union Home Prayerbook. New York, NY: Central Conference of American Rabbis, 1977.

TORAH AND HAFTORAH

Orlinsky, Harry M., ed. The Torah: The Five Books of Moses. Philadelphia, PA: Jewish Publication Society, 1999.

Plaut, W. Gunthar. The Torah: A Modern Commentary. New York, NY: Union of American Hebrew Congregations. 1981. Hebrew and English.

Plaut, W. G. The Haftarah Commentary. New York, NY: UAHC Press, 1996. Translation by Chaim Stern. Hebrew and English.

GENERAL SPIRITUALITY

Harrison, Steven. Doing Nothing: Coming to the End of the Spiritual Search. Boulder, CO: Sounds True, 1999. 1 cassette. 90 minutes.

VARIOUS MEDITATIVE PRACTICES

Chodron, Pema. Good Medicine: How to Turn Pain into Compassion with Tonglen Meditation. Boulder, CO: Sounds True, 1999. 2 videotapes. 14-page study guide. 3.5 hours.

Cohen, Ken. Ken Cohen's Guide to Healthy Breathing: A Practical Course in Breathing Techniques to Rejuvenate and Transform Your Life. Boulder, CO: Sounds True, 1996. 2 copies. 1 cassette. 90 minutes.

Cohen, Ken. The Practice of Qigong: Meditation and Healing. Boulder, CO: Sounds True, 1999. 5 cassettes. 6 hours.

Kabat-Zinn, Jon. Guided Sitting Meditation and Guided Yoga 2. Mindfulness Meditation Practice Tapes. Series 1, Tape 2. Lexington, MA: Stress Reduction Tapes, 1984/95. 1 cassette. 90 minutes.

Kabat-Zinn, Jon. Guided Sitting Meditation and Guided Lying Down Meditation. Mindfulness Meditation Practice Tapes. Series 2, Tape 1. Lexington, MA: Stress Reduction Tapes, 1994. 1 cassette. 20 minutes.

Kabat-Zinn, Jon. Guided Sitting Meditation and Guided Lying Down Meditation. Mindfulness Meditation Practice Tapes. Series 2, Tape 2. Lexington, MA: Stress Reduction Tapes, 1994. 1 cassette. 45 minutes.

Kornfield, Jack. The Art of Meditation. Boulder, CO: Sounds True, 2004.

Kornfield, Jack. Meditation for Beginners. Boulder, CO: Sounds True, 1998. 1 CD. 90 minutes.

ENERGY AND HEALING: GENERAL

Dossey, Larry, Achterberg, Jeanne, Tart, Charles, Upledger, John, et.al. Energy Medicine: Subtle Energies, Consciousness, and the New Science of Healing. Boulder, CO: Sounds True, 1998. 6 cassettes. 6.75 hours.

Myss, Caroline. The Caroline Myss Audio Collection. Boulder, CO: Sounds True, 2001. 6 CDs. 7 hours. Contents: Spiritual Power, Spiritual Practice. Why People Don't Heal. Spiritual Madness.

Myss, Caroline. Energetics of Healing. Boulder, CO: Sounds True, 1997. 2 videotapes. Study booklet. 3 hours 10 minutes.

Myss, Caroline. Energy Anatomy: The Science of Personal Power, Spirituality, and Health. Boulder, CO: Sounds True, 1996. 6 cassettes. 8-page study guide. 9 hours.

Myss, Caroline. Three Levels of Power and How to Use Them. Boulder, CO: Mountain Drive, Faust Entertainment and CineMedia Corp., 1997. 2 cassettes. 160 minutes.

OTHER HEALING ISSUES AND SELF-HELP CONCERN

Northrup, Christiane. Creating Health: Honoring Women's Health. Boulder, CO: Sounds True, 1999. 8 cassettes.

Northrup, Christiane. Menopause: A Time of Knowing: Understanding Menopause and the Wisdom that Comes in the Second Half of Life. Boulder, CO: Sounds True, 1993. 1 cassette. 90 minutes.

Palmer, Helen. The Enneagram Workshop. Boulder, CO: Sounds True, 1995. 6 cassettes with study guide. 8.75 hours.

Richardson, Cheryl. Take Time for Your Life: A Complete Program for Getting Your Life into Balance and Honoring Your True Priorities. Boulder, CO: Sounds True, 1999. 4 cassettes. 28-page study guide. 5 hours.

CONTEMPORARY JEWISH CONCERNS – NOT SPIRITUAL HEALING

Diamant, Anita. The New Jewish Baby Book: Names, Ceremonies and Customs: A Guide for Today's Families. Woodstock, VT: Jewish Lights, 1994.

Hoffman, Lawrence A. Israel: A Spiritual Travel Guide: A Companion for the Modern Pilgrim. Woodstock, VT: Jewish Lights, 1998.

Weiner, Nancy H. Beyond Breaking the Glass: A Spiritual Guide to Your Jewish Wedding. New York, NY: CCAR Press, 2001.

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RESOURCE LINKS

National Center for Jewish Healing: About Jewish Healing

Jewish healing defined and explored.
<http://www.ncjh.org/aboutjh.html>

National Center for Jewish Healing: Tools and Resources

Descriptions of and links to healing resources including psalms, meditation, and music.
<http://www.ncjh.org/tools.html>

National Center for Jewish Healing: Website Links

Annotated links to organizations with resources about Jewish healing.
<http://www.ncjh.org/links.html>

National Center for Jewish Healing: Selected Bibliographies

Extensive list of citations for books about Jewish healing.
<http://www.ncjh.org/bibliographies.html#1>

The Shira Ruskay Center: Links to Other Web Sites

Annotated list of resource links for support of the seriously ill and caregivers.
<http://www.shiraruskay.org/links.html>

Sharsheret: Links to Jewish Organizations Addressing Breast Cancer

<http://www.sharsheret.org/resources.php?ID=5>

National Institute for Jewish Hospice: Products and Publications

Books, pamphlets, tapes, and more.
<http://www.nijh.org/Literature.html>

The Jewish Bereavement Project: Mourning Traditions and Rituals

Annotated links to websites about Jewish bereavement and mourning traditions.
http://www.jewishbereavement.com/jewish_bereavement.html

The Jewish Bereavement Project: Select Books

Annotated bibliography for adults' and children's books on bereavement
<http://www.jewishbereavement.com/resources.html>

The Jewish Bereavement Project: Websites

Annotated guide to California-based and national bereavement resources.
http://www.jewishbereavement.com/resources_web.html

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OTHER LIBRARIES AND BOOKSTORES

Denver-area libraries and organizations that lend Jewish healing resource materials include:

Synagogue libraries

The Colorado Agency for Jewish Education (CAJE)

Local retailers that carry Jewish healing resource materials include:

- Aharon's

- Boutique Judaica
- The Tattered Cover
- Synagogue gift shops

RELATED SERVICES AT JFS

Individual Counseling
Family Counseling
Senior Counseling