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More Fully Alive: The Benefits of Using Jewish Wisdom for Responding to Stress and Overload

Leonard Felder Ph.D.

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Bestselling author and psychologist Leonard Felder, PhD has written several books on how to utilize Jewish spiritual methods for dealing with difficult people and stressful moments. His new book "More Fully Alive: The Benefits of Using Jewish Wisdom for Responding to Stress and Overload" has received endorsements from Reform, Conservative, Modern Orthodox, Reconstructionist, Renewal, and Secular experts because it is so accessible and easy-to-utilize. Each of the 7 chapters explores one particular Jewish mantra or resilience method that can be used on days that are stressful or in challenging moments with loved ones and colleagues at work or in your volunteer activities. The writing is practical, humorous, and based on the best of Jewish spirituality and the best of contemporary psychology. This book can help you and your loved ones to be more mindful, creative, healthy and resilient no matter what life gives you.

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