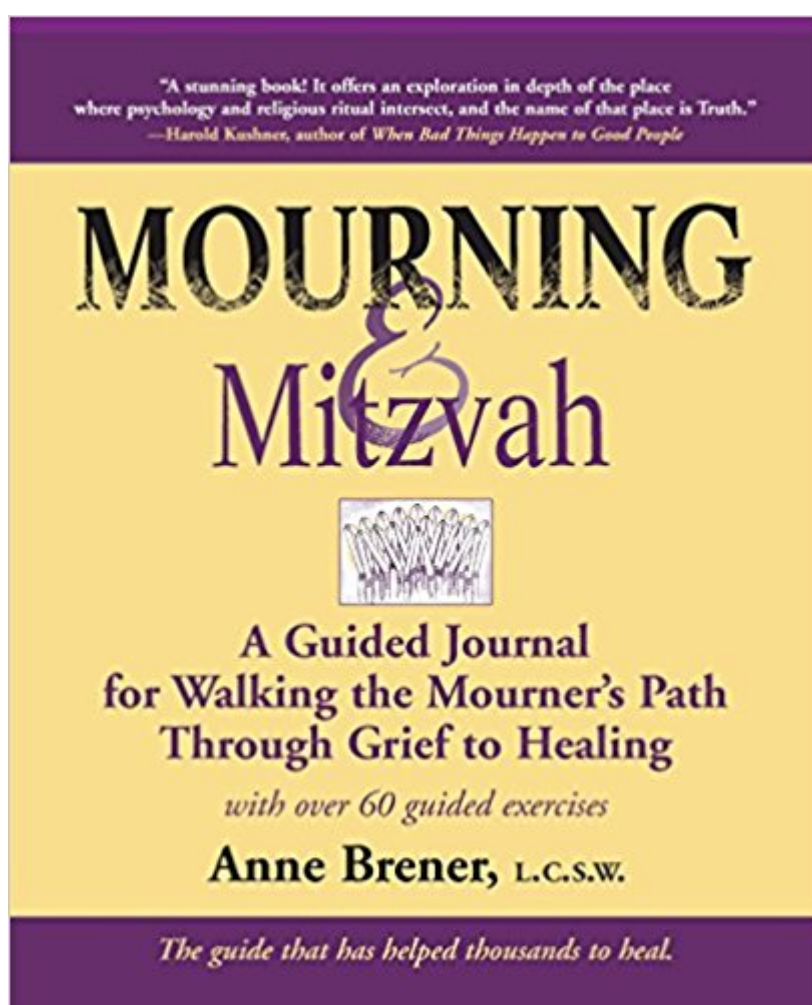


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# Mourning & Mitzvah (2nd Edition): A Guided Journal For Walking The Mourner's Path Through Grief To Healing



## Synopsis

"It is hard to work through one's grief when there are so many cover-ups and so many different kinds of denial at work within the culture. And that is why this book is of so much importance. Anne Brener has crafted a walkway through the valley of the shadow of death. The walkway has thorns and bramble bushes on it but it leads to the other side, beyond grief, for those who are willing to stay the course. Keep this book for time of need and do the grief-work in which it instructs us and you will see that this long and wise heritage of ours still has the power to speak, to heal and to comfort—even in our time."—from the Foreword by Rabbi Jack Riemer

For those who mourn a death, for those who would help them and for those who face a loss of any kind, *Mourning & Mitzvah* teaches you the power and strength available to you in the fully experienced mourning process. When the temple stood in the ancient city of Jerusalem, mourners walked through the gates and into the courtyard along a specifically designated mourner's path. As they walked, they came face to face with all the other members of the community, who greeted them with the ancestor of the blessing, "May God comfort you among the mourners of Zion and Jerusalem." In this way, the community embraced those suffering bereavement, yet allowed for unique experiences of grief. In this new and expanded edition of a modern classic, Anne Brener brings us an innovative integration of Jewish tradition and modern professional resources. It gives spiritual insight and healing wisdom to those in our own time who mourn a death, to those who would help them and to those who face a loss of any kind.

## Book Information

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## Customer Reviews

Directed primarily to Jews, others may find its hope and growth emphasis helpful. Highly recommended. --This text refers to an out of print or unavailable edition of this title.

"Enthusiastically recommended as a valuable discussion of a universal experience." *Publishers Weekly* "A splendid resource for readers of any philosophical persuasion." *The Millennium Whole Earth Catalog* "This book is marvelous. It is a work that I wish I had written. It is the best book on this subject that I have ever seen." *Rabbi Levi Meier, PhD, chaplain, Cedars-Sinai Medical Center; author, Ancient Secrets: Using the Stories of the Bible to Improve Our Everyday Lives* "Insightful and understanding.... A realistic guide which will help secure healing for those who have suffered loss." *Rabbi Lee Bycel, dean, School of Rabbinics, Hebrew Union College* "I feared it would be too much centered on the Jewish tradition to be meaningful for my situation, but not so at all. It spoke to me throughout. Your methods of healing are so basic and human that I believe they would be accessible to many groups, with or without their own religious traditions." *Libby Ingalls, a non-Jewish mourner* "My dad is gone and I will continue to deal with that for years to come, yet I feel peaceful and comforted by my encounter with *Mourning & Mitzvah*, and I am deeply grateful to Anne Brener for having written it." *Linda Zweig, Jewish mourner* "Wise and compassionate.... [Makes Jewish] wisdom explicit in a practical and insightful way." *Association of Jewish Libraries Newsletter* "An important book with the power to bring Jews closer to Judaism and closer to the Source of life and death." *Rabbi Sue Elwell, director, Los Angeles Jewish Feminist Center* "An excellent resource for those who need help during their time of mourning [to] find healing and understanding." *New York Board of Rabbis Bulletin* "As a rabbi who must deal on a daily basis with aspects of mourning, there are few books that I can turn to for guidance, let alone suggest to be read by those I am comforting.... I am unaware of a book that is as helpful or as complete.... Bridges the gap between Judaism and psychology.... Underscores the wisdom of the Jewish tradition and its understanding of the process of healing." *Rabbi Arthur Gross Schaefer, Congregation B'nai B'rith, Santa Barbara, Calif.* "A thoughtful and sensitive guide for doing the grief-work needed to emerge from the blackness of a profound loss." *Tikkun*

I bought this for a friend, but I have used it several times when people close to me passed away.

Start by just reading bits and pieces. Then, when you feel ready, try some of the exercises. I wrote my thoughts and memories directly in the book and now each book has become a keepsake memorial for the person I lost. Even if you're not Jewish, this workbook will speak to you and help you work through your grief.

In this country we tend to think people should get over the loss of a loved one quickly, but burying your grief only intensifies it. This book gives guidance to the mourner and exercises to help you walk through grief and lets the mourning take its proper length of time. No short cuts.

My Rabbi recommended this book to me when my brother died. He was right that it is helpful for working through the pain of such a loss. I am sorry if you are in a position to consider this book, but it does bring some comfort.

I don't usually purchase guided activity books but in this case, the chapters which introduce the writing activities are sensitive and very insightful. The workbook aspect was actually very helpful and led to some deep thoughts on my part. (You don't have to write your response down because even discussion or silent thought of the issues raised will be worthwhile.) I love this book because it combines the spiritual/traditional and emotional/psychological aspects of mourning. I don't think that you have to be Jewish to appreciate this book because loss and grief are universal and we will each walk the mourner's path at some time in our lives.

A very helpful book for a grieving 90 year old male who appreciated the support the book provided him with as well as the insight of the gifted author, both social worker and Rabbi.

This book is very wonderful and a good safe place to reference when needed. Grief is on-going, we are always dealing with loss and this book delivers a safe way to deal with grief. I am so proud to be Jewish and so proud that my people strive to educate and learn how to make the world a better place, but realistically...because in order to make a difference you need to want to heal yourself, and it is not something you can do all at once or maybe in a lifetime. Healing is an on-going process and we always make some progress and some regression. So yes, I recommend this book and hope you find your way through loss as I am. Thank you for a wonderful book Anne Brener.

Get this book. Can be: read out-of-order; in small chunks; worked through mentally or on paper; put

down for a few days/weeks while you're processing your grief; appreciated by Jewish folk as well as by the non-Jewish person, by the spiritual as well as those who are not so inclined. In the most difficult of situations, Mourning and Mitzvah offers comfort for the bereaved. The author speaks from her own experience: her sister died in an accident only months after their mother's suicide.

Mourning and Mitzvah helped me to cope after the deaths of my father- and mother-in-law (hers was a suicide; both died the same day). I've given copies as gifts to others in my Survivors of Suicide group, to a woman whose brother-in-law murdered her sister by running the sister down with his car, and to a family whose young son was killed in a freak accident while on vacation. Almost all have let me know what a help this book has been. Since I give away my personal copies, I now order two at a time. Please get this book for yourself and/or for your loved ones who are grieving; keep extras on hand. Mourning and Mitzvah will be appreciated much more than any covered dish you could get or give.

This book combines psychology with religion in a wonderful way. Its author was a licensed clinical social worker who has now become a rabbi as well. She helps us deal with all the aspects of death, helping us deal with unresolved issues that we may have had with the person who died and also making religious customs understandable and meaningful. The book covers everything - immediate aftermath of death, a month later, and years later. It really helps you go through a loss in a healthy way. I've suggested it to others coping with loss and been thanked profusely, and repeatedly.

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