

2nd Edition

Twelve Jewish Steps to Recovery



A Personal Guide
to Turning From
Alcoholism and
Other Addictions—
Drugs, Food, Gambling, Sex...

Preface by ABRAHAM J. TWERSKI, MD
Introduction by RABBI SHELDON ZIMMERMAN

Rabbi Kerry M. Olitzky & Stuart A. Copans, MD

Twelve Jewish Steps To Recovery

Danielle Dardashti, Roni Sarig

Twelve Jewish Steps To Recovery

Twelve Jewish Steps to Recovery (2nd Edition) Dr. Stuart A. Copans, MD,Kerry M. Olitzky,2012-12-15 This book is not just for Jewish people It s for all people who would gain insight and strength to heal from Jewish tradition All people who are in trouble with alcohol drugs or other addictions food gambling and sex Anyone seeking an understanding of the Twelve Steps from a Jewish perspective regardless of religious background or affiliation Alcoholics and addicts in recovery Codependents Adult children of alcoholics Specialists in recovery and treatment An updated and expanded edition of a recovery classic A rabbi a psychiatrist and many recovering Jewish people share their understanding of the Twelve Jewish Steps of recovery from addiction of all kinds based on conversations with each other and with God They present a Jewish perspective on the Twelve Steps and offer consolation inspiration and motivation for recovery for people of all faiths and backgrounds by drawing on traditional and contemporary Jewish sources and by sharing what recovering people say about their experiences They explore why some Jews are uncomfortable with the Twelve Steps as well as how the Jewish understanding of the Twelve Steps differs from the Christian understanding of it

Twelve Jewish Steps to Recovery Kerry M. Olitzky,Stuart Copans,1991 By presenting a Jewish perspective on The Twelve Steps and offering consolation inspiration and motivation towards recovery this guide explains how the Twelve Steps of Alcoholics Anonymous are relevant for Jewish people as well as Christians Afterword on Where to Go for Help by The JACS Foundation Jewish Alcoholics Chemically

Dependent Persons and Significant Others Illustrations by Maty Grunberg **Twelve Jewish Steps to Recovery** Rabbi Kerry M. Olitzky,Stuart A. Copans,2014-06-06 This book is not just for Jewish people It s for all people who would gain insight and strength to heal from Jewish tradition All people who are in trouble with alcohol drugs or other addictions food gambling and sex Anyone seeking an understanding of the Twelve Steps from a Jewish perspective regardless of religious background or affiliation Alcoholics and addicts in recovery Codependents Adult children of alcoholics Specialists in recovery and treatment An updated and expanded edition of a recovery classic A rabbi a psychiatrist and many recovering Jewish people share their understanding of the Twelve Jewish Steps of recovery from addiction of all kinds based on conversations with each other and with God They present a Jewish perspective on the Twelve Steps and offer consolation inspiration and motivation for recovery for people of all faiths and backgrounds by drawing on traditional and contemporary Jewish sources and by sharing what recovering people say about their experiences They explore why some Jews are uncomfortable with the Twelve Steps as well as how the Jewish understanding of the Twelve Steps differs from the Christian understanding of it

Twelve Jewish Steps to Recovery Kerry M. Olitzky,Stuart A. Copans,2014-06-05 This book is not just for Jewish people It s for all people who would gain insight and strength to heal from Jewish tradition All people who are in trouble with alcohol drugs or other addictions food gambling and sex Anyone seeking an understanding of the Twelve Steps from a Jewish perspective regardless of religious background or affiliation Alcoholics and addicts in recovery Codependents Adult children

of alcoholics Specialists in recovery and treatment An updated and expanded edition of a recovery classic A rabbi a psychiatrist and many recovering Jewish people share their understanding of the Twelve Jewish Steps of recovery from addiction of all kinds based on conversations with each other and with God They present a Jewish perspective on the Twelve Steps and offer consolation inspiration and motivation for recovery for people of all faiths and backgrounds by drawing on traditional and contemporary Jewish sources and by sharing what recovering people say about their experiences They explore why some Jews are uncomfortable with the Twelve Steps as well as how the Jewish understanding of the Twelve Steps differs from the Christian understanding of it **Recovery from Codependence** Kerry M. Olitzky,1993 Healing wisdom for those directly affected by the addiction of a loved one This warm and empowering message draws on Jewish tradition and the personal experiences of recovering codependent people to offer hope no matter your faith or background

Twelve Jewish Steps to Recovery (2nd Edition) Kerry M. Olitzky,2009 It's for all people who would gain insight and strength to heal from Jewish tradition **Recovery, the 12 Steps and Jewish Spirituality** Rabbi Paul Steinberg,2014-10-03 A major new Jewish contribution to 12 Step spirituality Claim the spiritual freedom that waits beyond the suffering and slavery of addiction One of the important similarities between AA and Jewish spirituality is the statement in Step 12 to practice these principles in all our affairs There is no dichotomy of sacred versus secular Jewish spirituality applies to how we eat sleep work socialize and recreate There is nothing that is external to the relationship of human being to God from the Foreword This easy to read exploration from a Jewish perspective is the first comprehensive approach to successfully integrate classic Jewish spirituality with the 12 Steps of Alcoholics Anonymous AA and other recovery resources With clarity and passion Rabbi Paul Steinberg masterfully weaves traditional Jewish wisdom with the experience strength and hope of AA He draws on Jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease and shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps Along the way he courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find guidance and a new life path and stay on it **100 Blessings Every Day** Rabbi Kerry M. Olitzky,2013-04-22 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 **Recovery, the 12 Steps and Jewish Spirituality** Rabbi Abraham J. Twerski,2014-09-10 A powerful new Jewish contribution to AA's 12 Step spirituality The disease of alcoholism and addiction affects every part of our society including Jews This easy to read exploration from a Jewish perspective is the first comprehensive approach to successfully integrate classic Jewish spirituality with the 12 Steps

of Alcoholics Anonymous AA and other recovery resources From a very personal perspective it masterfully weaves traditional Jewish wisdom with the experience strength and hope of AA With clarity and passion Rabbi Paul Steinberg courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find hope guidance and a new life path and stay on it Using a variety of Jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease he shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps An inspiring practical and accessible new resource for everyone touched by the pain of alcoholism and addiction whether in an AA program or not it speaks to every variety of Jew as well as to non Jews A major new resource for people struggling with addiction and their families rabbis Jewish educators and addiction counselors who need to address alcoholism and addiction in their communities or in their own homes Jewish Paths Toward Healing and Wholeness Kerry M. Olitzky,2000 Grounded

in the spiritual tradition of Judaism this book provides healing rituals psalms and prayers that help readers initiate a dialogue with God to guide them through the complicated path of healing and wholeness **The Jewish Family Fun Book** Danielle Dardashti,Roni Sarig,2008 This celebration of Jewish family life is the perfect guide for families wanting to put a new Jewish spin on holidays holy days and even the everyday Full of activities games and history it is sure to inspire parents children and extended family to connect with Judaism in fun creative ways

Finding Recovery and Yourself in Torah Rabbi Mark Borovitz,2016-03-29 Torah can help you recover your soul if you are willing to ask yourself the right questions If the Torah is the all encompassing moral compass that it claims to be and I believe it to be so then we can find anything in it including the support needed for recovery In it are the remedies for all spiritual maladies we just have to probe the text dig deeply in it and drink of its life giving waters from the Foreword In this soul restoring resource Rabbi Mark Borovitz combines his knowledge of Judaism and his experience as a leader in the field of recovery to help you find in the Five Books of Moses the deeper meaning wisdom and guidance for living well in the moment For each Torah portion he provides seven days of teachings and reflection questions to help you reconnect with your sacred self discover solutions to life s challenges and to help you heal

Advertising Repentance Dr. Louis E. Newman,2011-03-02 An inspiring way to reclaim your integrity and renew your sense of moral purpose Like water teshuvah is both destructive and creative It dissolves the person you were but simultaneously provides the moisture you need to grow anew It erodes the hard edges of your willfulness but also refreshens your spirit It can turn the tallest barriers of moral blindness into rubble while it also gently nourishes the hidden seeds of hope buried deep in your soul Teshuvah like water has the power both to wash away past sin and to shower you with the blessing of a new future if only you trust it and allow yourself to be carried along in its current from Part VII In this candid and comprehensive probe into the nature of moral transgression and spiritual healing Dr Louis E Newman examines both the practical and philosophical dimensions of teshuvah Judaism s core religious moral teaching on repentance and its value for us Jews and non Jews alike today He exposes the inner logic of teshuvah as well as the beliefs about God and humankind that

make it possible He also charts the path of teshuvah revealing to us how we can free ourselves from the burden of our own transgressions by Acknowledging our transgressions Confessing Feeling remorse Apologizing Making restitution Soul reckoning Avoiding sin when the next opportunity arises **Eyes Remade for Wonder** Rabbi Lawrence

Kushner,2011-05-26 A treasury of insight from one of the most creative spiritual thinkers in America Whether you are new to Kushner or a devoted fan this is the place to begin At once deeply human and profoundly spiritual Lawrence Kushner s books are a treat for the soul For nourishment and inspiration Eyes Remade for Wonder opens wide the gates of Jewish mysticism and spirituality helping us peel back the layers of meaning that animate our lives Few writers are more closely identified with the boom of spirituality in America in the past twenty five years than Lawrence Kushner With his first book the now classic introduction to Jewish mysticism The Book of Letters Kushner established himself as one of the most creative religious thinkers in America He is now read worldwide by people searching to understand the connection between the sacred and the ordinary With an inspiring Introduction by Thomas Moore author of the best selling books Care of the Soul and The Soul of Sex Eyes Remade for Wonder offers something unique to both the spiritual seeker and the committed person of faith and is a collection to be treasured and shared  Ron Wolfson,1996 Designed to help celebrate and enrich the holiday season explores the holiday s origins the reasons for the Hanukkah candles and customs and provides everything from recipes to family activities Putting the holiday in a larger timely context December Dilemmas deals with ways in which a Jewish family can cope with Christmas

[God in Our Relationships](#) Rabbi Dennis S. Ross,2011-12-06 Deepen connections with the people you love Build relationships with the people you meet We can go through each day or a lifetime as sleepwalkers while awake tossing and turning on pillows that are as hard as appointment books wandering a paved spiritual wilderness from bank window to house of worship to hospital bedside But if we are fortunate enough to happen upon a vision of the Divine in a chance chat with a semi stranger or a lingering conversation with a good friend we can awaken to the spirituality between people that Martin Buber called I Thou from God in Our Relationships It is possible to infuse every moment of life with meaning from the routine act to the once in a lifetime situation and this first of its kind introduction to Martin Buber s I Thou shows you how Drawing on Jewish tradition the science of human behavior Buber s ideas and the Hasidic stories that he loved Rabbi Dennis Ross illuminates a theology of relationships in easy to understand accessible language You will clearly see how to use the principles of I Thou to create new answers to critical issues in life such as How do I react to others in times of stress How do I relate to strangers How can I take full advantage of the time I have to spend with my loved ones By unlocking the depths in Buber s concepts for spiritual growth Ross supplies you with the tools you need to communicate better love more completely and find the sacred in everyday life [Cast in God's Image](#) Rabbi Howard A. Addison,2011-12-06 Who am I What are the sacred tasks that are uniquely mine The most basic questions in life are also the most important You can take a powerful step toward self fulfillment if you first recognize the roots of your spiritual

makeup In Cast in God s Image Rabbi Howard A Addison helps you to do this through an understanding of your personality type and the types of the people around you Using two of the most important maps of consciousness known to us the kabbalistic Tree of Life and the nine pointed Enneagram Addison decodes spiritual meaning and provides you with the tools to Determine your personality type by identifying your own patterns of behavior Strengthen your relationships with others by learning how to observe their response patterns and recognize how these patterns correspond with your own Discover how your personality type s virtues and vices connect with the Divine and ways you can use this knowledge to enrich your life in many ways Including more than twenty hands on spiritual exercises and guided meditations Cast in God s Image gives you an accessible and enjoyable way to learn about yourself and guidance on how to use this insight to reveal the sacred tasks that are uniquely yours to perform in this world Which are you The Perfectionist The Caregiver The Achiever The Romantic The Loyal Cynic The Adventurer The Confronter The Mediator The Observer [Godwrestling-round 2 Arthur Ocean Waskow,1996](#) Ancient wisdom of texts history and experience so we can move forward and recognize the future paths open to us *The Enneagram and Kabbalah (2nd Edition)* Rabbi Howard A. Addison,2012-01-09 An updated and expanded examination into the groundbreaking exploration and connection of two of the most powerful mystical traditions Patterns in our lives may escape us reasons for our behavior often confuse us To help us better understand the interplay of these dynamics Rabbi Howard A Addison combines two of the most powerful maps of consciousness known to humanity the Tree of Life the sefirot from the Jewish mystical tradition of Kabbalah and the nine pointed Enneagram that was developed over several generations by mystics of several spiritual traditions Individually each offers guidance and wisdom together they show the forces that propel us and shape our personalities and behavior Most important the two suggest how we can live more harmoniously with ourselves and with others minimize friction and tension and discover our own spiritual gateway to God In this updated and expanded edition of his pioneering book Rabbi Addison explores new understandings of the stages and pitfalls we experience along life s journey and the ways we can transcend the limits of our personalities in search of greater wholeness He shows that when brought together the Enneagram and Kabbalah may enhance understanding of humanity s deepest motivations both individually and collectively thus opening wider the gate to personal growth

Lifecycles: Jewish women on life passages & personal milestones Debra Orenstein,1994 The first in a landmark three volume series offers the collaboration of over fifty women for a comprehensive work on the Jewish lifecycle This volume covers the spectrum of life s passages from ceremonies around childbirth to new perspectives on aging Shares both traditional and innovative approaches

Twelve Jewish Steps To Recovery Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Twelve Jewish Steps To Recovery**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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