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Here I Am: Using Jewish Spiritual Wisdom to Become More Present, Centered, and Available for Life

Leonard Felder

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During stressful times, it’s easy to get caught up in feeling anxious, tense, foggy, and overloaded. Here, a popular psychologist shares easy-to-use techniques for managing and rebalancing these emotions and helps you to find your calm, strong center. Dr. Leonard Felder draws from his work with clients over the last thirty years, and incorporates traditional Jewish prayers and blessings that have been used for centuries to refocus the mind. The author has a long history of multi-faith counseling and dialogue and has made these stress-management practices resonant with people of all religious backgrounds who are looking for more awareness, clarity, and calmness when faced with stress-related emotions.

In this book you'll learn how to:

- Regain your equilibrium when you feel pulled in too many directions
- Outsmart your moody, anxious brain
- Know when to intervene and when to let go in a situation
- Respond with wisdom when someone treats you harshly
- Find inner quiet and peace when you feel agitated
- And much more

In each chapter, Felder includes examples drawn from his client's experiences and explanations from mind-body psychology and neuroscience to support the effectiveness of this kind of mindfulness practice.

Click here to view this book's Discussion Guide.

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