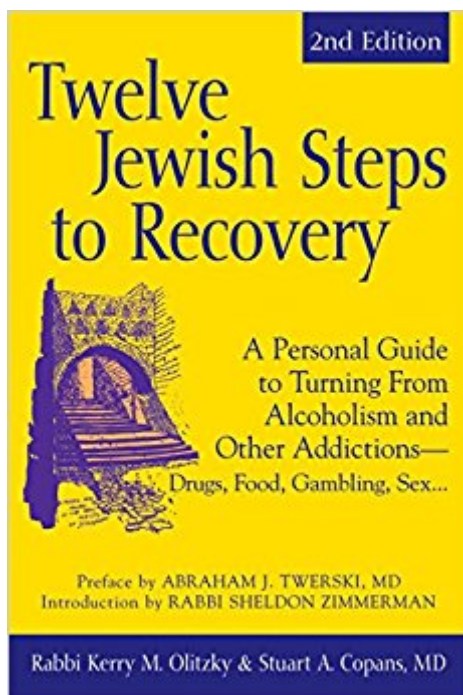


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# Twelve Jewish Steps To Recovery (2nd Edition): A Personal Guide To Turning From Alcoholism And Other Addictions—Drugs, Food, Gambling, Sex... (The Jewish Lights Twelve Steps Series)



## Synopsis

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.

## Book Information

Series: The Jewish Lights Twelve Steps Series

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## Customer Reviews

Dr. Stuart A. Copans, board certified in addictions psychiatry, is adjunct associate professor of psychiatry at Dartmouth Medical School in Hanover, New Hampshire, and consulting child

psychiatrist at Deerfield Academy and at Monadnock Family Services in Peterborough, New Hampshire. He is the author of many papers, abstracts, and other published works on the treatment of alcohol and drug abuse.

Rabbi Kerry M. Olitzky, named one of the fifty leading rabbis in North America by Newsweek, is well known for his inspiring books that bring the Jewish wisdom tradition into everyday life. He is executive director of Big Tent Judaism, formerly Jewish Outreach Institute, and is author of many books on Jewish spirituality, healing and Jewish religious practice, including *Making a Successful Jewish Interfaith Marriage: The Big Tent Judaism Guide to Opportunities, Challenges and Resources*; *Introducing My Faith and My Community: The Jewish Outreach Institute Guide for a Christian in a Jewish Interfaith Relationship*; *Jewish Paths toward Healing and Wholeness: A Personal Guide to Dealing with Suffering*; *Grief in Our Seasons: A Mourner's Kaddish Companion*; *Twelve Jewish Steps to Recovery: A Personal Guide to Turning from Alcoholism & Other Addictions* — *Drugs, Food, Gambling, Sex...*; *Facing Cancer as a Family*; *Life's Daily Blessings: Inspiring Reflections on Gratitude for Every Day, Based on Jewish Wisdom*; *100 Blessings Every Day: Daily Twelve Step Recovery Affirmations, Exercises for Personal Growth and Renewal Reflecting Seasons of the Jewish Year* and *Recovery from Codependance: A Jewish Twelve Step Guide to Healing Your Soul*. He is also coauthor of *Grandparenting Interfaith Grandchildren*; *Jewish Holidays: A Brief Introduction for Christians*; *Jewish Ritual: A Brief Introduction for Christians*; *Renewed Each Day, Vol. One* — *Genesis and Exodus: Daily Twelve Step Recovery Meditations*; *Renewed Each Day, Vol. Two* — *Leviticus, Numbers and Deuteronomy: Daily Twelve Step Recovery Meditations Based on the Bible* and coeditor of *The Rituals and Practices of a Jewish Life: A Handbook for Personal Spiritual Renewal* (all Jewish Lights).

Rabbi Kerry M. Olitzky is available to speak on the following topics:

- The Jewish Twelve Step Path to Healing and Recovery
- Sparks Beneath the Surface: A Spiritual Read on the Torah
- Welcoming the Stranger in Our Midst
- How to Nurture Jewish Grandchildren Being Raised in an Interfaith Family
- Optimism for a Jewish Future

Click here to contact the author.

Maty Gräńberg is an Israeli artist who has made his home in London since the late 1960s. His illuminated books and sculptures are found in the collections of major museums and institutions throughout the world.

Rabbi Abraham J. Twerski, MD, a psychiatrist, rabbi and frequent lecturer on a broad range of topics including spirituality and self-esteem, is author of over fifty books, including *Happiness and the Human Spirit: The Spirituality of Becoming the Best You Can Be*; *A Formula for Proper Living: Practical Lessons from Life and Torah* (both Jewish Lights); *Waking Up Just in Time*; *The Spiritual Self and Getting Up When You're Down*. He is the founder and medical director emeritus of Gateway Rehabilitation Center. For more information, visit [www.abrahamtwerski.com](http://www.abrahamtwerski.com).

Rabbi

Sheldon Zimmerman founded the Task Force on Alcoholism of the Federation of Jewish Philanthropies of New York. While he was rabbi of Central Synagogue in New York City, his congregation sponsored the first Alcoholics Anonymous group to meet in a synagogue. Formerly president of Hebrew Union College – Jewish Institute of Religion, he is now rabbi of the Jewish Center of the Hamptons (NY).

My Mother lived with me for the last year of her life, 10 months of which were spent in in-home hospice care. My sisters and I made the decision to do this because she spent one year in a rehab nursing home that was horrible. Taking care of her was an honor and a privilege although at times it was extremely difficult. The last 2 1/2 days of her life were nothing short of difficult and horrific. It was something I never wanted to experience but I did. When my Mother died, in July 2014, I experienced a deep grief that I still feel. My outlet became food which turned into a 20 lb. weight gain. My own health issues went out the door. My deep faith and trust in God were close behind. I have friends who care and my sisters and I are fortunate to have a close and loving relationship. But, food was my salvation. Good food, junk food, it did not matter. One day, after eating a meal that made me sick, I realized that I had a real problem. I became addicted to food; yes it is very possible to do that. As a diabetic, I have to be especially careful about what I eat. Ha! Even diabetes could not stop me from eating the wrong things. A Rabbi recommended a specific self help book. When I was researching the book on , I came across this book. Not being a fan of self-help books, I decided to give this book a try. Twelve Jewish Steps to Recovery is a miraculous find for me. The use of religion references is perfect. There is not so much that a person would be turned off. The readings are short and meaningful and, for me, supportive and calming. There is no heavy duty stuff just light and easy to understand. And, it is helping me. I read through the book and pick it up every day to read a step or two. This is definitely my kind of book. Give it a try, it may be your kind of book.

the author blends the spirituality of the 12 steps of AA with words from the Torah and the Talmud. They are interchangeable. The book speaks to those who think that the "big book" of AA is Christian faith based, and clearly shows that it is about any faith. The steps are the steps. The commentary to help illustrate the meaning of the 12 steps can come from anywhere. Those of us who suffer from addiction, can find a Higher Power from anywhere, if we are willing to accept our powerlessness, and turn our lives over to that God of our understanding.

This is a wonderful take on the 12 Steps.

I thought this was a very good introduction to the twelve step program. Many Jews are afraid of the twelve step programs and this book clears away any objections. Thanks.

this book is critical for those who wish to incorporate Judaism with the spirituality of recovery

Great book. Helps recovery for people who don't believe in Christianity.

Like I wrote too heavy on traditional religious aspects. Too much reliance on a Jewish god not a god of my understandin

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