



First Steps to a New Jewish Spirit: Reb Zalman's Guide to Recapturing the Intimacy & Ecstasy in Your Relationship with God

Rabbi Zalman M. Schachter-Shalomi, Donald Gropman

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"A personal guide to the life-giving treasures of the Jewish spiritual tradition.

The classic born-again experience is a sudden, discontinuous event. For a person growing with God in daily practice, there is likely to be less drama. The experience will be more gentle, natural, and easier on your immediate family.... If you stay with this work, you have every reason to trust the adage, "When the pupil is ready, the teacher appears."

—from *First Steps to a New Jewish Spirit*

This extraordinary spiritual handbook is a compassionate call to reconnect with your spiritual roots and nourish your relationship with God. Breaking free from ways of Jewish worship that no longer inspire, Rabbi Zalman Schachter-Shalomi—one of the most important Jewish spiritual teachers since Abraham Joshua Heschel—guides you through practical exercises for enriching the most important aspects of everyday life—physical health, work, marriage, family, prayer—and empowers you with contemporary ways to satisfy your modern spiritual hunger.

Whether refreshing your soul with a midday mini-Sabbath or improving your relationships by refining your awareness, Reb Zalman will introduce you to new models of practicing Judaism. In doing so, he will challenge you to embrace your faith as both spiritually and emotionally enriching, and will awaken you to innovative, inspiring ways for leading a meaningful Jewish life.

Rabbi Zalman M. Schachter-Shalomi, the inspiration of the Jewish Renewal movement, is widely recognized as one of the most important Jewish spiritual teachers of our time. Professor emeritus at Temple University, Reb Zalman is also on the faculty of religious studies at Naropa University, and is the author of *From Age-ing to Sage-ing* and *Wrapped in Holy Flame*.

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