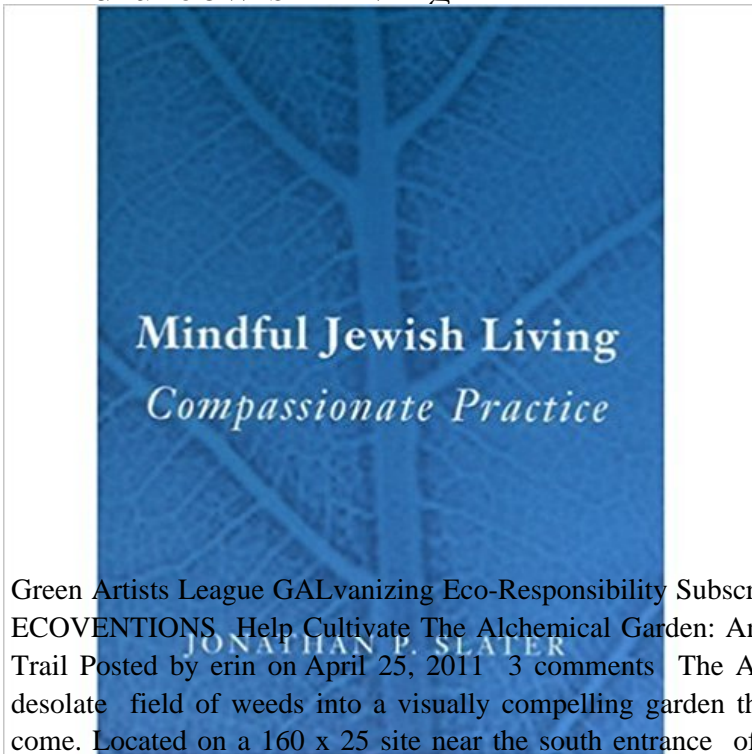


Mindful Jewish Living



In this popular introduction to Jewish mindfulness practice, Rabbi Jonathan P. Slater examines Jewish sources and applies their teachings to the practices of mindfulness and meditation. Drawing from Hasidic texts, as well as liturgical, talmudic, and midrashic sources, the author demonstrates how Jewish teachings can make us aware of the spiritual essence of our lives.

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Mindful Jewish Living

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