



The Jewish Journaling Book: How to Use Jewish Tradition to Write Your Life & Explore Your Soul

Janet Ruth Falon

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From the Kabbalist mystics who recorded their practices of reaching altered states of consciousness, to the more recent journals of those who lived during the Holocaust, to the spiritual precedent for Jewish journal-keeping at holy times of the year, writing, recording, and reflecting have long been a part of Jewish custom. Janet Ruth Falon delves into the practical aspects of keeping a journal as well as how you can use your journal to nurture Jewish values and concerns. She also includes 52 journaling tools that teach specific techniques to help you create and maintain a vital, living journal, from a Jewish perspective.

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