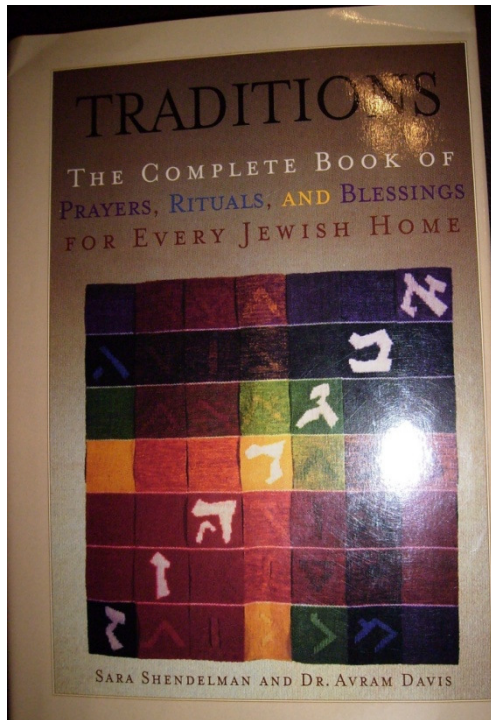


Montague Library Books Synopsis - Prayers etc

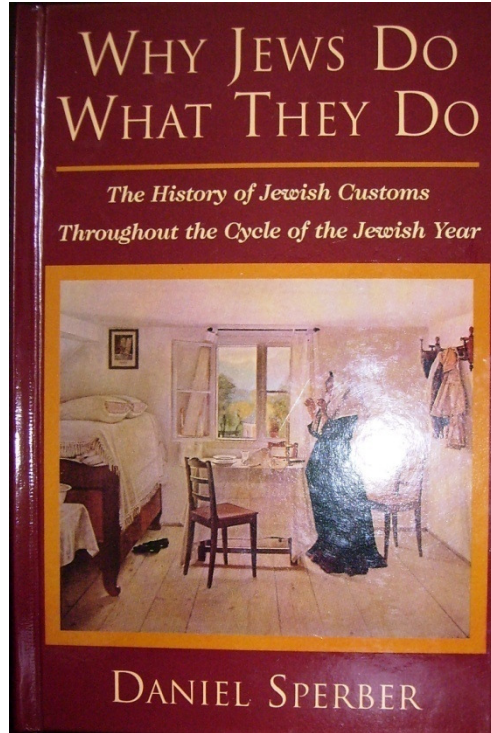
Traditions – the complete book of Prayers, Rituals and Blessings for every Jewish home by Sara Shendelman and Dr Avram Davis



“One hundred blessings a day,” says the Talmud and the Jewish tradition is indeed rich with thousands of unique and special blessings to give reverence to everyday acts, to honour a sacred book, to bless a family’s coming together , and, above all, to celebrate God’s presence everywhere and in everything – a constant affirmation of an all-pervasive, loving bond between God and humanity.

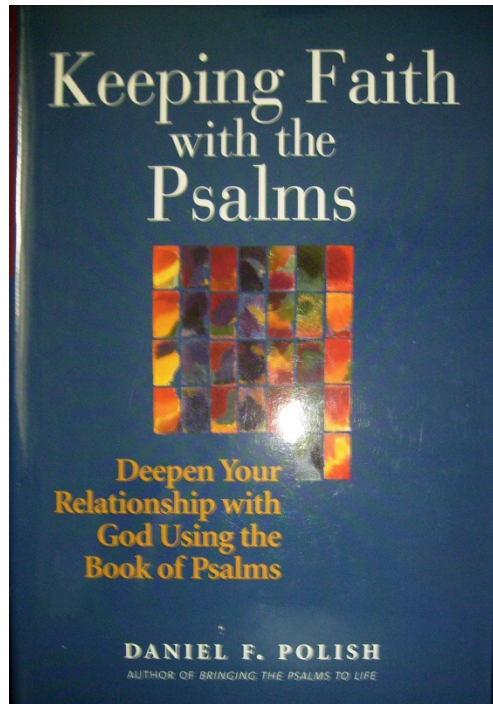
Tradition is a treasure chest of ancient, traditional, and modern Jewish blessings positioned on the rise between two strong currents of readers’ interests: an enthusiasm for recovering the lost wealth of Judaism on the part of Jews and non-Jews and the universal quest for invigorating our daily lives with beautiful, simple spirituality.

Why Jews Do What they Do – the History of Jewish Customs Throughout the Cycle of the Jewish Year by Daniel Sperber



Judaism's 613 commandments symbolise the entirety of Jewish observance, but the tone and texture of the cycle of the Jewish year is often determined by custom. Halakha itself defines the relationship between the two in the halakhic statement that "a custom may [sometimes] set aside a halakha."

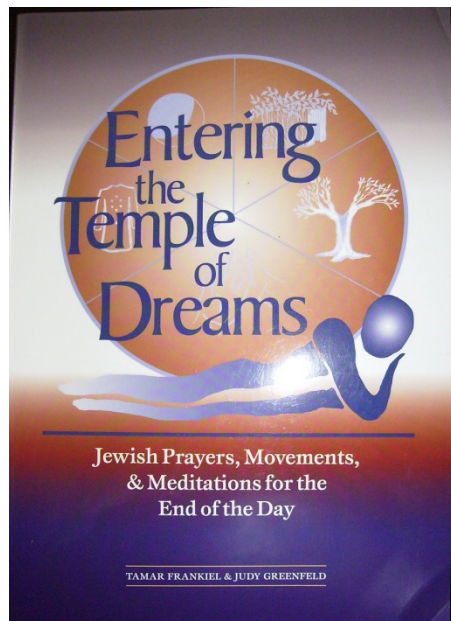
Keeping Faith the with Psalms by Daniel F Polish



The Book of Psalms has been beloved by generations of readers. It offers solace in times of trouble, holds out hope for rescue and redemption, and helps to answer some of the difficult questions raised by faith. The Book of Psalms is more personal than other books of the Bible, instead of telling stories with God as the central actor, the psalmists talk to – and about – God.

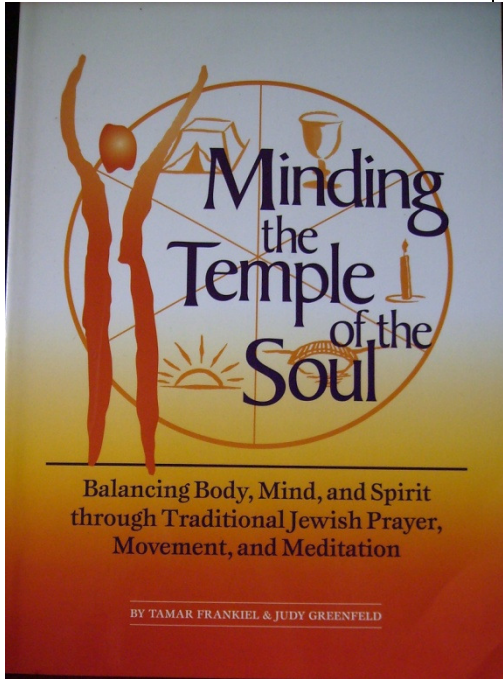
Keeping Faith with the Psalms leads you into the Bible to discover ways you can use the Psalms to shape your own personal spiritual outlook. Daniel Polish does not give any simple solutions, but reveals how you can discover answers for yourself through the Psalms

Entering the Temple of Dreams – Jewish Prayers, Movements, & Meditations for the End of the Day by Tamar Frankiel and Judy Greenfeld



You spend one-third of your life sleeping. Is spirituality a part of that time? This book shows you how it can be done.

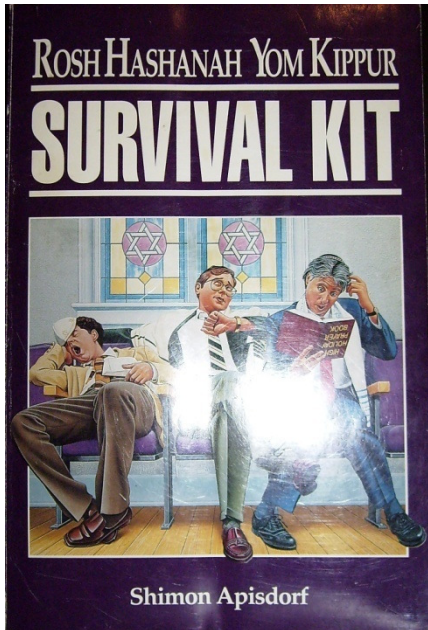
Minding the Temple of the Soul – Balancing Body, Mind, and Spirit through Traditional Jewish Prayer, Movement and Meditation by Tamar Frankiel & Judy Greenfeld



Minding the Temple of the Soul introduces a spiritual tradition that affirms the body, and shows us how we can achieve a truly complete balance of body, mind and soul.

Each chapter explores the meaning of traditional Jewish prayers, providing a framework for new thinking about body, mind and soul. Simple exercises and movements help our bodies “understand” prayer, and show how the body’s energy centres correspond to the Kabbalistic concept of the ten divine “rays of light”, the Sefirot. Meditations and visualisations allow us to further enhance our spiritual awareness.

Rosh Hashanah / Yom Kippur – Survival Kit by Shimon Apisdorf



The Rosh Hashanah / Yom Kippur Survival Kit is an easy to use guide to the High Holiday services. The Survival Kit goes to synagogue with you and allows you to –

- Understanding the prayers before saying them
- Appreciate the hidden meaning behind the sounds of the Shofar
- Gain insights into Yom Kippur as an opportunity for personal growth

Laws & Customs of Israel – three volumes in Hebrew and English

Laws & Customs of Israel – English only	
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