

2nd Edition

Twelve Jewish Steps to Recovery



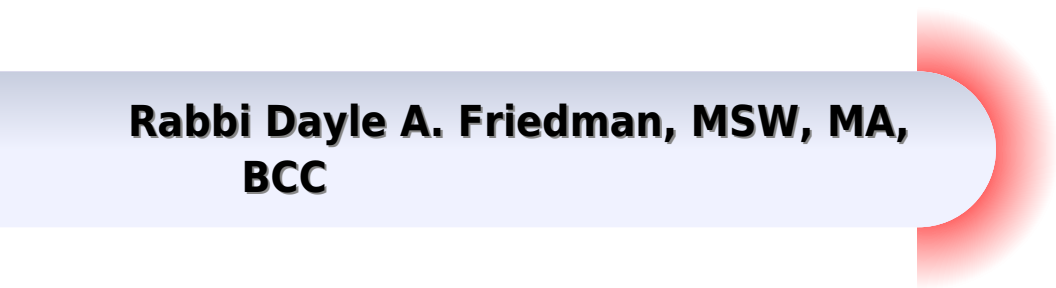
A Personal Guide
to Turning From
Alcoholism and
Other Addictions—
Drugs, Food, Gambling, Sex...

Preface by ABRAHAM J. TWERSKI, MD
Introduction by RABBI SHELDON ZIMMERMAN

Rabbi Kerry M. Olitzky & Stuart A. Copans, MD

Twelve Jewish Steps To Recovery Twelve Jewish Steps To Recovery

**Rabbi Dayle A. Friedman, MSW, MA,
BCC**



Twelve Jewish Steps To Recovery Twelve Jewish Steps To Recovery:

Twelve Jewish Steps to Recovery (2nd Edition) Kerry M. Olitzky, 2009 It s for all people who would gain insight and strength to heal from Jewish tradition

Twelve Jewish Steps to Recovery Kerry M. Olitzky, Stuart Copans, 1991 By presenting a Jewish perspective on The Twelve Steps and offering consolation inspiration and motivation towards recovery this guide explains how the Twelve Steps of Alcoholics Anonymous are relevant for Jewish people as well as Christians Afterword on Where to Go for Help by The JACS Foundation Jewish Alcoholics Chemically Dependent Persons and Significant Others Illustrations by Maty Grunberg

Twelve Jewish Steps to Recovery Rabbi Kerry M. Olitzky, Stuart A. Copans, 2014-06-06 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

Twelve Jewish Steps to Recovery Kerry M. Olitzky, Stuart A. Copans, 2014-06-05 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

Recovery from Codependence Rabbi Kerry M. Olitzky, 2011-10-14 In codependence the emphasis is on everyone and everything but ourselves In recovery we learn how to say no to set boundaries in relationships and then perhaps walk away if necessary sometimes for a long time perhaps forever It s not without effort Even if a relationship is

worth saving your active codependence can destroy it It will not help it or you and will certainly not convince the other person in your life to stop drinking or using or gambling or eating compulsively or running around But your recovery can nurture a relationship with God while it nurtures you at the same time From Recovery from Codependence This book is not just for Jewish people It s for all people who would gain strength to heal and insight from the Bible and the wisdom of Jewish tradition With the same groundbreaking insight of his Twelve Jewish Steps to Recovery A Personal Guide to Turning From Alcoholism and Other Addictions and Renewed Each Day Daily Twelve Step Recovery Meditations Based on the Bible Kerry Olitzky has produced an inspiring new volume that brings healing wisdom to those whose lives are most directly affected by the addiction of a loved one Recovery From Codependence A Jewish Twelve Steps Guide to Healing Your Soul explains how the Twelve Steps of Co Dependents Anonymous are relevant for Jewish people and all people who would gain strength to heal and insight from Jewish tradition You may be a codependent person if you are in a relationship with an alcoholic or addicted person someone who has an eating disorder engages in compulsive gambling or sex if you are addicted to a relationship or if you are part of a dysfunctional family Though you may be suffering broken in spirit this book can help you be healed be empowered to take hold of your life and be made to feel spiritually whole once again Using the familiar Twelve Step model Dr Olitzky known for his spiritual leadership and for reaching out to help people in recovery takes the codependent person on a Jewish journey through the Twelve Steps Rabbi Olitzky s inspiring message draws on the experience of Jewish tradition and the personal experiences of recovering codependent people He provides Twelve Step support for people of all faiths and backgrounds Twelve Jewish Steps to Recovery (2nd Edition) Dr. Stuart A. Copans, MD, Kerry M. Olitzky, 2012-12-15 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 Recovery, the 12 Steps and Jewish Spirituality Rabbi Paul Steinberg, 2014-09-18 Claim the Spiritual Freedom That Waits Beyond the Suffering and Slavery of Addiction One of the important similarities between AA and Jewish spirituality is the statement in Step 12 to practice these principles in all our affairs There is no dichotomy of sacred versus secular Jewish spirituality applies to how we eat sleep

work socialize and recreate There is nothing that is external to the relationship of human being to God from the Foreword A major new Jewish contribution to 12 Step spirituality This easy to read exploration from a Jewish perspective is the first comprehensive approach to successfully integrate classic Jewish spirituality with the 12 Steps of Alcoholics Anonymous AA and other recovery resources With clarity and passion Rabbi Paul Steinberg masterfully weaves traditional Jewish wisdom with the experience strength and hope of AA He draws on Jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease and shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps Along the way he courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find guidance and a new life path and stay on it **100 Blessings Every Day** Rabbi Kerry M. Olitzky, 2013-04-22 This book is not just for Jewish people It is for all people who would gain strength to heal and insight from the Jewish tradition Using a one day at a time monthly format a spiritual leader who continues to reach out to addicted people and all those seeking spiritual renewal reflects on the rhythm of the Jewish calendar with recovering people and other teachers Together they bring insight to recovery from addictions and compulsive behaviors of all kinds This sensitive volume soars with the spirit of the Jewish soul and year Its exercises help us move from thinking to doing The Twelve Step Pathway Michael Cowl Gordon, 2023-11-01 Uses the hero s journey as the path on which to travel for overcoming addiction and crisis and rescuing your own story This is a book about becoming heroic A hero is a person who faces great danger overcomes incalculable odds and accomplishes that which would have been thought especially by the hero to be impossible to achieve Considering the fear and pain that a person must experience in such an adventure it is a role that few would desire for themselves And yet more of us find ourselves in circumstances demanding heroism than one might imagine In fact people who are never called upon to be heroic at some point in their lives are in the minority if they exist at all This is not a book for people who might want to become heroic someday It is for people who are in the midst of a crisis and who must make a decision about whether they are going to face their situation survive rise above themselves and share their newfound knowledge with others who may need salvation And it is for those who are already traveling such a journey and who would like to gain a new understanding of themselves what their journey was and is about and why it is so important Using the twelve step framework for understanding the inner work a person must do in order to overcome addiction Michael Cowl Gordon walks readers through the journey to inner salvation and peace Using the hero s journey as the path on which to travel through these steps he uncovers the deep work that it takes to be the hero in your own story Jewish Paths Toward Healing and Wholeness Kerry M. Olitzky, 2000 Grounded in the spiritual tradition of Judaism this book provides healing rituals psalms and prayers that help readers initiate a dialogue with God to guide them through the complicated path of healing and wholeness **Twelve Wisdom Steps** Andrea Travers, 2011-11 Beneath the well known twelve steps of Alcoholics Anonymous A A are concealed the universal principles of spiritual practice as they are expressed in traditional

religions and wisdom traditions including Buddhism Christianity Cosmology Hinduism Islam Judaism Native American Spirituality and Taoism This wisdom expressed itself in a 20th century movement known as A A The purpose of this book is to ensure that seekers from all faith traditions have an opportunity to realize and appreciate the universality of transformative spiritual practices We humans share common ground today despite cultural and superficial differences In Twelve Wisdom Steps Unifying Principles of the 12 Steps of A A Found in the Wisdom Traditions Rev Dr Andrea emphasizes that amid all the seemingly unique and distinct religious expressions and forms there is an underlying binding truth which is shared that promotes a universal experience This perceptive engaging work challenges us to set our own traditional and cultural lenses aside and open ourselves to merging what we know with a new understanding of shared principles at a time in our world when we are seeking to better understand each other and find common ground on which to relate

Jewish Pastoral Care, 2nd Edition Rabbi Dayle A. Friedman, MSW, MA, BCC, 2001-02-01 The first comprehensive resource for pastoral care in the Jewish tradition and a vital resource for counselors and caregivers of other faith traditions The essential reference for rabbis cantors and laypeople who are called to spiritually accompany those encountering joy sorrow and change now in paperback This groundbreaking volume draws upon both Jewish tradition and the classical foundations of pastoral care to provide invaluable guidance Offering insight on pastoral care technique theory and theological implications the contributors to Jewish Pastoral Care are innovators in their fields and represent all four contemporary Jewish movements This comprehensive resource provides you with the latest theological perspectives and tools along with basic theory and skills for assisting the ill and those who care for them the aging and dying those with dementia and other mental disorders engaged couples and others and for responding to issues such as domestic violence substance abuse and disasters Contributors Barbara Eve Breitman MSW LSW Anne Brener MAJCS MA LCSW Rabbi Amy Eilberg MSW Rabbi Nancy Flam MA Rabbi Dayle A Friedman MSW MAJCS BCC Gus Kaufman Jr PhD Rabbi Myriam Klotz MA Rabbi Yaacov Kravitz EdD Rabbi Ellen Jay Lewis NCPsyA Wendy Lipshutz LMSW Rabbi Sheldon Marder Rabbi Joseph S Ozarowski DMin Simcha Paull Raphael PhD Rabbi Stephen Roberts BCC Rabbi Rochelle Robins Rabbi Drorah Setel MTS Rabbi Jeffery M Silberman DMin Marcia Cohn Spiegel MAJCS Rabbi Karen Sussan Rabbi Bonita E Taylor MA BCC Rabbi Simkha Y Weintraub CSW Rabbi David J Zucker PhD BCC

Religion and Men's Violence Against Women Andy J. Johnson, 2015-04-14 This reference offers the nuanced understanding and practical guidance needed to address domestic violence sexual assault and human trafficking in diverse religious communities Introductory chapters sort through the complexities from abusers distorting of sacred texts to justifying their actions to survivors conflicting feelings toward their faith The core of the book surveys findings on gender violence across Christian Jewish Islamic Eastern and Indigenous traditions both attitudes that promote abuse and spiritual resources that can be used to promote healing Best practices are included for appropriate treatment of survivors their children and abusers and for partnering with communities and clergy toward stemming violence against women Among the

topics featured Ecclesiastical policies vs lived social relationships gender parity attitudes and ethics Women's spiritual struggles and resources to cope with intimate partner aggression Christian stereotypes and violence against North America's native women Addressing intimate partner violence in rural church communities Collaboration between community service agencies and faith based institutions Providing hope in faith communities creating a domestic violence policy for families Religion and Men's Violence against Women will gain a wide audience among psychologists social workers marriage and family therapists and other mental health professionals who treat religious clients or specialize in treating survivors and perpetrators of domestic and intimate partner violence stalking sexual assault rape or human trafficking

Visiting the Sick Sharon Selib Epstein, 1999-09-30 Visiting the Sick provides readers with a practical and inspirational introduction to the ethical obligation of the mitzvah of visiting the sick and dying in order to provide comfort and help It offers insights into the nature of illness and death as well as guidance on how to overcome our fears regarding visiting people who are ill and the skills and training necessary to perform the mitzvah of bikur cholim effectively

Therapist's Guide to Substance Abuse Intervention Sharon L. Johnson, 2003-04-28 Author of AP's bestselling Therapist's Guide to Clinical Intervention now turns her attention to substance abuse intervention The book will follow a similar format to her previous book presenting information in easy to read outline form with relevant forms patient questionnaires checklists business documents etc Part I discusses the social impact of substance abuse and provides a general overview of the physiological and psychological characteristics of abuse DSM IV definition of abuse and classifications of the varying types of drugs Part II is the main section of the book and covers assessment different stages of abuse recovery and treatment choices Coverage includes the discussion of myriad self help choices e.g. AA group therapy brief therapy and more Discussion will also include making a determination of treatment as inpatient or outpatient and issues relevant to special populations teenagers geriatrics comorbidity patients etc Part III presents skill building resources Part IV covers prevention quality assurance and also includes a glossary Outlines treatment goals and objectives Outlines for assessing special circumstances Offers skill building resources to supplement treatment

Recovery, the 12 Steps and Jewish Spirituality Rabbi Abraham J. Twerski, 2014-09-10 A powerful new Jewish contribution to AA's 12 Step spirituality The disease of alcoholism and addiction affects every part of our society including Jews This easy to read exploration from a Jewish perspective is the first comprehensive approach to successfully integrate classic Jewish spirituality with the 12 Steps of Alcoholics Anonymous AA and other recovery resources From a very personal perspective it masterfully weaves traditional Jewish wisdom with the experience strength and hope of AA With clarity and passion Rabbi Paul Steinberg courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find hope guidance and a new life path and stay on it Using a variety of Jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease he shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps An inspiring practical and accessible new

resource for everyone touched by the pain of alcoholism and addiction whether in an AA program or not it speaks to every variety of Jew as well as to non Jews A major new resource for people struggling with addiction and their families rabbis Jewish educators and addiction counselors who need to address alcoholism and addiction in their communities or in their own homes

The Mitzvah Project Book Diane Heiman,Liz Suneby,2011-09-12 Make the world a better place through good deeds big or small Thank you really for devoting your energies to making the world just a little bit better By doing so you are saying to yourself and to others that this whole Bar Bat Mitzvah thing is real and important And this book will help you figure out great ways to put your own passions interests and hobbies to work for mitzvah from the Foreword Are you searching for a meaningful and fun mitzvah project This inspiring book is packed with ideas to help you connect something you love to a mitzvah project or tikkun olam initiative that you can be passionate about It is filled with information ideas and activities to spark your imagination as well as a planning guide to get you organized and off to a good start Creativity and Compassion Arts Crafts Clothes Fashion Computers Technology Food Cooking Movies Drama Reading Writing Putting Mitzvot in Motion Animals Camp Fitness Health Music Dance Sports Your World Our World Environment Family Friends Neighbors Your Community Global Community Israel Your Jewish Heritage

God in Our Relationships Rabbi Dennis S. Ross,2011-12-06 Deepen connections with the people you love Build relationships with the people you meet We can go through each day or a lifetime as sleepwalkers while awake tossing and turning on pillows that are as hard as appointment books wandering a paved spiritual wilderness from bank window to house of worship to hospital bedside But if we are fortunate enough to happen upon a vision of the Divine in a chance chat with a semi stranger or a lingering conversation with a good friend we can awaken to the spirituality between people that Martin Buber called I Thou from God in Our Relationships It is possible to infuse every moment of life with meaning from the routine act to the once in a lifetime situation and this first of its kind introduction to Martin Buber s I Thou shows you how Drawing on Jewish tradition the science of human behavior Buber s ideas and the Hasidic stories that he loved Rabbi Dennis Ross illuminates a theology of relationships in easy to understand accessible language You will clearly see how to use the principles of I Thou to create new answers to critical issues in life such as How do I react to others in times of stress How do I relate to strangers How can I take full advantage of the time I have to spend with my loved ones By unlocking the depths in Buber s concepts for spiritual growth Ross supplies you with the tools you need to communicate better love more completely and find the sacred in everyday life

The Enneagram and Kabbalah Howard A. Addison,1998 Kabbalah and the Enneagram share numerous common sources which derive from antiquity and the Dark Ages Both explore different core aspects of personality and Rabbi Addison maintains that together they can provide a powerful tool for self knowledge critique and transformation

The New Jewish Baby Book Anita Diamant,1994 This expanded completely updated and revised edition of the highly acclaimed The Jewish Baby Book includes new ceremonies a special selection of poems and prayers for use in baby ceremonies and a section for

interfaith families A unique directory of names that reflect the diversity of the Jewish experience is included

Twelve Jewish Steps To Recovery Twelve Jewish Steps To Recovery: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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