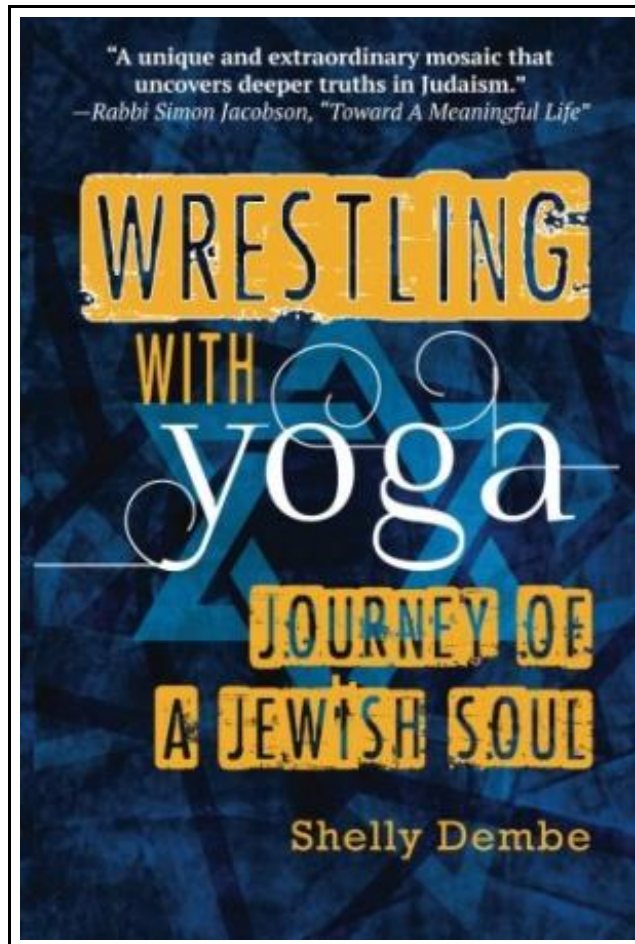


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WRESTLING WITH YOGA: JOURNEY OF A JEWISH SOUL (PAPERBACK)

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Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The sparkling, gently humorous and always deeply thoughtful story of Shelly Dembe s journey as an evolving Jew: a young mom, free spirit, empty-nester and nurse who eventually traded the ICU for a yoga studio-only to find that the inner peace her soul sought in yoga was present in her Jewish faith all along. As she learns more about her Jewish faith, she shares her delight at discovering new ways to rejoice and honor the beauty of everyday life, and her discomfort with excesses that challenge both yogic and Jewish beliefs. She offers practical, judgement-free suggestions that help those of any faith undertake their own spiritual journeys. Editorial Reviews Rabbi Simon Jacobson, author, *Toward a Meaningful Life* In our bizarre times, spiritual seekers find truths in many places. For Jews in particular, whose souls are especially hungry, this presents a challenge and an opportunity: how to reconcile various paths with the rich tradition of our Jewish heritage. In *Wrestling with Yoga*, Shelly Dembe has done a great service in sharing her unique story, revealing the struggle of a Jewish soul learning to navigate between spiritual disciplines and finding peace as a Jew. Her extraordinary mosaic uncovers deeper truths in Judaism. Susan Berrin, Editor-in-Chief, *Sh ma: A Journal of Jewish Responsibility*: A beautiful and honest exploration of her own practice of yoga and Judaism. A portrait of an examined life where curiosity is an essential value. Crisp and clear, inviting readers to walk with her toward a more spiritually fulfilling and balanced life. Shimona Tzukernik, *The Kabbalah Coach*: Her clarity and humility are a testament to the mindfulness and courageous search for truth that underscore her life and the...



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