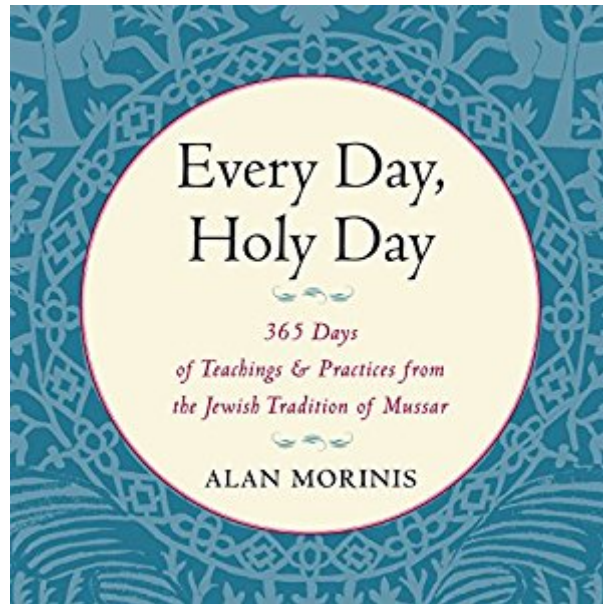


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# Every Day, Holy Day: 365 Days Of Teachings And Practices From The Jewish Tradition Of Mussar



## Synopsis

"You shall be holy," teaches the Bible. The masters of the Jewish Mussar tradition have crafted a roadmap to help people approach that lofty goal. Mussar is a system of introspective practices that can help you identify and break through the obstacles to your inherent holiness, using methods that are easy to integrate into daily life. Every Day, Holy Day is an essential companion for anyone who wants to experience the life-changing gifts of Mussar. The program laid out in this audiobook focuses on 26 traits (middot) - such as loving-kindness, strength, generosity, compassion, honor, and equanimity - each of which takes center stage for a week of contemplation and exercises, in order to develop and refine that quality in yourself. Alan Morinis invites you to follow the Mussar path with him for a year. It is remarkably simple, and also remarkably effective in helping you overcome negative tendencies and strengthen positive ones - and to reveal your innate holiness in the process.

## Book Information

Audible Audio Edition

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#32 in Books > Audible Audiobooks > Religion & Spirituality > Judaism #43 in Books > Religion & Spirituality > Judaism > Prayerbooks

## Customer Reviews

Alan Morinis has done it again!!! This book (his follow up to "Everyday Holiness") is designed to help one work on various character traits using an extensive collection on inspirational and insightful quote for each day of the year. I can't even imagine all the work that went into collecting the quotes, but I can tell you that there are very few books written in English that give you such teachings at your fingertips. Each page has a saying that relates to the given character trait of the week, a phrase that summarizes the idea and a practice to help you make each character trait part of your daily life.

In addition, each page has space for you to write notes or keep a small journal. The book unlocks the Jewish tradition of Mussar (self-growth/ethical improvement) in an easy to use and practical way. I've seen improvement in myself from just using it for three days (and my wife noticed, too). For the price you can get it on , this is a worthwhile investment for yourself or a great "just because" gift for a friend. If you have read "Climbing Jacob's Ladder" or "Everyday Holiness" you will see that Alan has moved from the arena of writing about his own growth and has now given his many students and readers an opportunity to make the tradition of Mussar their own!

This is actually my third copy of Every Day, Holy Day; I have used one each year 2012, 2013, and for this year 2014. The format of the book, set out for a year's practice and a page for each day with space on each page for daily accounting of the soul, supports the Mussar practices of reading, meditation, chant and practice of one particular soul trait and taking daily experiential notes. Excellent, practical companion on the Mussar path.

I begin my morning quiet time with Every Day, Holy Day and the words of wisdom stay with me through out the day. I am so happy I bought the book. Some of the writings bring me back to my youth at my Grandmother's knee. As she taught me how to be a loving person believing in God.

While I received much teaching and inspiration from the author's original book on Mussarâ ""Everyday Holiness: The Jewish Spiritual Path of Mussar"â "his "Every Day, Holiday Day," pales in comparison. Its series of repetitive phrases and paragraphs taken from the first book didn't reach the heart of this reader because the writing was removed from its original context. As a fan of Alan Morinis, I recommend that you buy the author's original book on Mussar mentioned above. I also recommend not wasting your money on its imitation.

This book helped me to think and act differently than I had been....it helped me to change some unworthy reactions. If a book can help a person change behavior, it must be good. And these changes of attitude are not overwhelming when I can concentrate on one value/action/attitude a week at a time. For me so far, being grateful and feeling joy are the two most important concepts I am continuing to consciously practice on a daily basis.

Everyone I have given this gem to has loved it. It is designed a person with limited time but who wants/needs a nugget of Jewish wisdom to help you focus your day. One person I gave it to turned

around and bought 10 copies for gifts as well.

Purchased as a gift for my father, the book was easy for him to read and enjoy! Great for a layman to understand! Alan Morinis writes excellent books that makes Judaism easy to understand and explains the Jewish Path of spiritual easy

lovely daily/weekly jewish insights, laid out so you can start at any point in time or place in the book. has no calendar dates to contend with. Has a weekly theme with seven readings, then you start on a new theme.

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