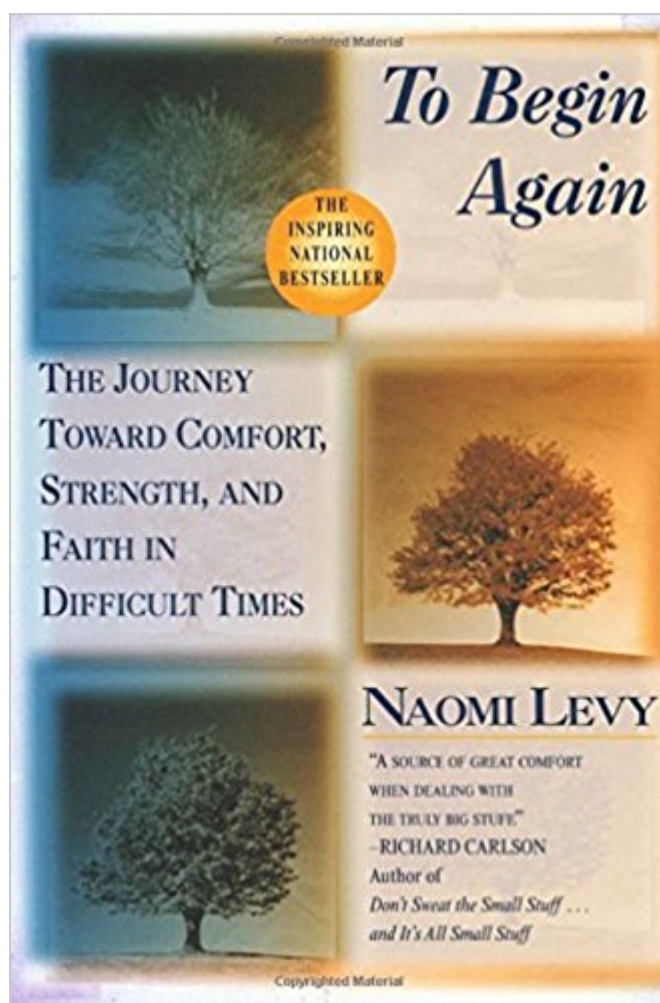


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# To Begin Again: The Journey Toward Comfort, Strength, And Faith In Difficult Times



## Synopsis

"Words that come from the heart enter the heart, an ancient rabbinic proverb instructs us. The words in this book come from the heart--mine and the hearts of others. I pray that you will find within them a spark that will ignite the flame of hope and the passion for healing that lies within us all." Naomi Levy was a spirited fifteen-year-old when her father was murdered in a senseless holdup that destroyed not only his life but her trust in a loving God. Healing took a long time, yet from her struggles with grief, anger, and depression, she forged the wisdom that made her, at twenty-six, a beloved rabbi--and now makes her book a miracle of honesty, recovery, and compassion. Where do we find the strength to meet tragedy? Can we rekindle hope? Innocence? Faith? The answers, illustrated with many moving, true stories drawn from Rabbi Levy's experience and the lives of her congregants, provide sanity, peace, and a safe harbor where we can heal and grow. Remember: "Death is a great tragedy. But to die while we are still living, that is the greatest tragedy of all."

## Book Information

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## Customer Reviews

"Then what good is God?" a rape victim asked Rabbi Naomi Levy after Levy said she didn't think preventing tragedies was in God's hands. Levy realizes that the question after a personal tragedy should not be, "Why did this happen?" but rather, "How can I go on?" To Begin Again is a book of comfort and faith to lead us through tragic times. Her advice is wise, gentle, and compassionate, dotted with stories of people Levy knows who have endured terrible pain--and healed. She teaches us to get comfort from asking others for help, letting ourselves cry, seeking a community of faith, studying something new, and keeping memories alive. She shows us how to rebuild our lives by

facing the truth, loving and forgiving ourselves, repairing relationships with loved ones, teaching our hearts to remain open, holding onto our faith, and, finally, transforming ourselves. Levy understands emotional agony firsthand: she lost her beloved father to a robber's gun when she was 15. Levy's message in this beautiful, moving book is, "Each of us possesses the power to overcome the unthinkable and be reborn, to live life not as survivors but as partakers, rejoicers, participants."

--Joan Price --This text refers to an out of print or unavailable edition of this title.

Levy's debut offers a progressive Jewish approach to coping with life's darker moments. Having faced the murder of her father when she was 15, Levy joined the first class of women to study at the Jewish Theological Seminary. Drawing on her own suffering and her experience as a rabbi, she constructs a map for personal renewal in the tradition of Harold Kushner's *When Bad Things Happen to Good People*. Initially, Levy deals with misfortune and addresses what can be done in the aftermath of a loss. Learning to face sadness and to share one's pain are essential elements in the author's understanding of recovery. Further on, through stories about her family and members of her congregation, Levy details how adversity can be a positive force, leading people to open their hearts to God. She doesn't promise simple solutions, however. Her last chapters illustrate how pain can be a permanent part of life, and how coping is an ongoing process. Though Levy offers much constructive wisdom, some of the stories she presents seem stretched to fit her message.

Characters cry at just the right cue and various prescriptions seem to work in just the right way in nearly every episode she describes. But even if pat at times, Levy's treatise offers helpful ideas in a neatly organized fashion, as her deep experience and knack for colorful storytelling bring life to a somber subject. 75,000 first printing. Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I heard the author interviewed on television and felt the book would be a good gift for a friend who has undergone a tragedy. I "skimmed" the book when it arrived but was soon pulled into it and read it from start to finish. Now I have to purchase another for my friend as I'm definitely keeping this one. I'm not Jewish (I'm Lutheran), and fortunately, I have not undergone a terrible tragedy like many in the book. However, this book has so much to offer all of us regardless of our circumstances. It has reaffirmed my belief in a God who doesn't "meddle" in our lives, but one that guides, supports, and loves us. The author's stories come from people she knows -- people just like all of us. Her devotions are short, simple, and true to the mark. This book is a great treasure!

My husband is Romanian Orthodox who is dealing with Multiple Myeloma, a cancer of the bone marrow plasma. I am Jewish and dealing with his disease and other issues. But we both have found enormous comfort and wisdom in this book. He has read many spiritual books since his diagnosis but this is the book he continually goes back to. Because of Rabbi Levy's style of talking about her own experience and that of her congregants, she offers a spirituality that is not abstract but very authentic. Because of her humility, I read her books and feel like we are comrades in facing the tribulations of life. I feel less alone. This is definitely the best book I have ever read about practical spirituality and one that I recommend whenever I can.

I own a hard copy but wanted a copy on my phone. It's been a treasure I can share in the moment with those who need a contemplation/prayer in the moment.

Easy well written book that should be on everyone's list of "must reads." Especially when going through a traumatic time it gives hope and strength to the reader.

great very helpful if you have gone through a tramatic life event. the Rabbi really understands and talks to your heart . I have healed from two of her books and have referred it to others. I highly recommend. Liz S.

This book helped me as I began working through my grieving process. I highly recommend it for persons going through a loss. In fact I've purchased several for friends of mine.

The novel arrived on my birthday, what a nice way to begin another year. Nice job, and thank you.

This review probably won't help much. The book was recommended to me to help me through a rough time in my life, but it just didn't hold my interest. Can't fairly judge it. What works for some, doesn't for others. And of course it helps if you like to read, which I don't. Good luck.

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