



MAKING PRAYER REAL

Leading Jewish Spiritual Voices on Why Prayer Is Difficult and What to Do About It

By Rabbi Mike Comins

Fresh, useful perspectives on the spiritual dynamics of prayer.

Have you lost faith in prayer? Do you wonder just who you are praying to and if it is worth the effort? Does your search for religious meaning take you anywhere but to synagogue and the traditional Jewish prayer book? If so, you're not alone.

This is a no-holds-barred look at why so many of us find synagogue services and prayer at best difficult, and at worst, meaningless and boring—and how to make it more satisfying. Rabbi Mike Comins draws from over fifty interviews with Jewish spiritual leaders from all denominations, as well as from their “best prayer practices.” He offers a new and different response to the challenges of prayer to entice and inspire you to become a “prayer person,” a person who engages in prayer to play the heart strings of the soul.

He then guides you in overcoming the obstacles to achieving a satisfying prayer life through twenty-four innovative and traditional practices, relating prayer to the needs of conscious living: nurturing joy, increasing mindfulness, facilitating self-change, dealing with tragedy, and responding to loss.

CONTRIBUTORS:

Rabbi Bradley Shavit Artson; Rabbi Aryeh Ben David; Rabbi Anne Brener, LCSW; Rabbi Sharon Brous; Maggid Yitzhak Buxbaum; Rabbi Mike Comins; Rabbi Elliot J. Cosgrove, PhD; Rabbi Lavey Derby; Cantor Ellen Dreskin; Rabbi Diane Elliot; Reb Mimi Feigelson; Rabbi Tirzah Firestone; Rabbi Nancy Flam; Rabbi Karen Fox, DD; Dr. Tamar Frankiel; Rabbi Ethan Franzel; Rabbi Elyse Frishman; Rabbi Laura Geller; Rabbi Neil Gillman, PhD; Rabbi Shefa Gold; Rabbi Elyse Goldstein; Joel Lurie Grishaver; Rabbi Nadya Gross; Rabbi Jill Hammer, PhD; Melila Hellner-Eshed, PhD; Rabbi Lawrence A. Hoffman, PhD; Rabbi David Ingber; Rabbi Zoë Klein; Rabbi Myriam Klotz; Rabbi Jamie Korngold; Rabbi Lawrence Kushner; Rabbi Naomi Levy; Rabbi Richard N. Levy, DD; Rabbi Sheryl Lewart; Jay Michaelson; Rabbi Linda Motzkin; Rabbi Debra Orenstein; Rabbi Nehemia Polen, PhD; Rabbi Marcia Prager; Rabbi Jeff Roth; Rabbi Zalman M. Schachter-Shalomi; Rabbi Rami Shapiro; Rabbi Jonathan P. Slater; Rabbi Elie Kaplan Spitz; Rabbi Ira Stone; Rabbi Michael Strassfeld; Dr. Linda Thal; Rabbi Abraham Twerski, MD; Rabbi Sheila Peltz Weinberg; Rabbi Zari M. Weiss; Rabbi David J. Wolpe; Rabbi Shawn Zevit

6 x 9, 302 pp (est)
Quality PB Original
ISBN 978-1-58023-417-7
\$18.99
Avail.: February 2010

Rabbi Mike Comins, the founder of *TorahTrek* Spiritual Wilderness Adventures (www.TorahTrek.com) and the Institute for Jewish Wilderness Spirituality (www.ijws-online.org), is the author of *A Wild Faith: Jewish Ways into Wilderness, Wilderness Ways into Judaism* (Jewish Lights). He studied classical Jewish texts at the Pardes Institute, earned his MA in Jewish education from Hebrew University and was ordained in the Israeli rabbinical program of Hebrew Union College. He was a founding member and the first director of education at Kehilat Kol Haneshama in Jerusalem. He lives, teaches and writes in Los Angeles, and serves as a scholar-in-residence for schools and synagogues around the world.

Discount Schedule for Quantity Orders

Copies of the same book	Discount
3-6	10%
7-14	20%
15-24	25%
25-49	30%
50+	35%

\$ _____ for _____ copies of *Making Prayer Real* @\$18.99/ea
(\$ _____) Less discount for quantity orders
\$ _____ **S/H** (Within U.S.: Add \$3.95 for the first book,
\$2.50 each additional book. Outside U.S.: Add \$15.00 for the
first book and \$7.50 each additional book, via air mail
insured.)
\$ _____ **TOTAL**

Check enclosed for \$ _____ payable to: **JEWISH LIGHTS Publishing**
Charge my credit card: Visa MasterCard

Name on card _____ E-mail _____

Billing Address: Street _____

City/State/Zip _____

Credit Card # _____ Exp. Date _____ CID# _____

Signature _____ Phone _____

Please send to: Same as Above Address Below:

Name _____

Street _____

City/State/Zip _____ Phone _____

JEWISH LIGHTS Publishing

Sunset Farm Offices, Rte. 4, P.O. Box 237, Woodstock, Vermont 05091

Tel: (802) 457-4000 • www.jewishlights.com • Fax: (802) 457-4004

Orders: (800) 962-4544 (8:30 AM-5:30 PM ET M-F)

All orders must be prepaid. SATISFACTION GUARANTEED. Prices subject to change.