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Seven Prayers That Can Change Your Life: How to Use Jewish Spiritual Wisdom to Enhance Your Health, Relationships, and Daily Effectiveness

Leonard Felder PhD

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The prayers from Seven Prayers That Can Change Your Life will assist you on a stressful day whether you consider yourself religious, spiritual, not very religious, or very skeptical. These 7 profound sources of strength include: How to Start Each Morning with a Much Better Frame of Mind. How to Refocus When You're Feeling Stressed or Distracted. How to Resolve Tension and Misunderstandings Between You and Someone Else. A Creative Way to Unwind and Find Peace at Least Three Times a Day. Going Deeper into Prayers for Healing and Wholeness. How to Break Free from a Habit that Hurts You or Others. A Highly-Effective Way to End the Day with Deeper Insights and Serenity.

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