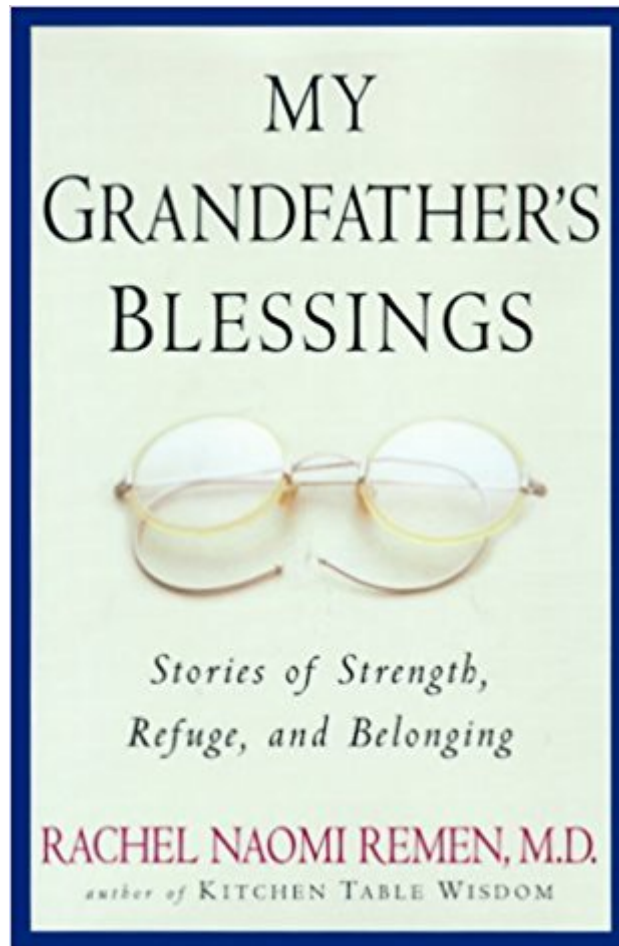


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# My Grandfather's Blessings: Stories Of Strength, Refuge, And Belonging



## Synopsis

From the New York Times bestselling author comes the wisdom to heal ourselves and those around us. With *Kitchen Table Wisdom*, Dr. Remen established herself as an important new voice bringing hope and healing to a difficult world. Her book spent more than three months on the New York Times bestseller list, and maintained even longer runs on the Boston, San Francisco, and Denver lists. Now she has written *My Grandfather's Blessings*, a work that further examines the human heart and celebrates those who serve life so beautifully, so effortlessly, so selflessly often without knowing. It was Rachel Remen's grandfather, a kabbalistic rabbi, who gave her the eyes to see that service is what heals the isolation and loneliness in us all. Service happens every day in ways we don't notice: we serve each other; life serves us; and it is discovering the place of service in ourselves that leads at last to wisdom. As Remen says, "Every life serves a purpose which is both simple and profound. We are here to grow in wisdom and to learn to love better. What this says is that there are many life paths but all life has a spiritual agenda. And all people are on a spiritual path." These stories give us a profound sense of strength that is achieved by knowing that we belong to each other, and to life itself. "Rachel Naomi Remen is nature's gift to us, a genius of that elusive and crucial capacity, the human heart. She has much to teach us about healing, loving, and living."--Daniel Goleman

## Book Information

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## Customer Reviews

Change of life does not always mean hormonal changes. After life threatening illnesses which are now considered chronic, I broused and have purchased many books which spoke of the nature of

illness and the changes which occur during their life in your body. The books spoke little of the soul. They spoke little of being dependent on others, feeling awful most of the time, asking questions of the gods which went unanswered and so on and so on. Very boring stuff. Then this book. Rachel Naomi Remen: you have answered my questions. You have polished my soul. You have taught me the lessons which meditation could not, soothed me when food could not, enlivened me when wine could not. Sitting in my doctor's waiting room, crying just reading your introduction to your Grandfather, I was called into the examining room and while having a PAP smear, read a portion of your book to my internist. I am blessed with a doctor who not only is a fine diagnostician, but a man of great humor. He said this was a first for him. Me, too. There is no time in life when reading a chapter of that book is not in perfect accordance with the rules of medicine, both physical and emotional. Thank you does not say it. I thought I was beyond words. Obviously, not. I recommend this book to everyone, sick or well....but especially to those for whom illness is a constant companion. There are many road to healing. I read somewhere: "My illness is a friend who brings me great truths." It brought me your book as well. I bless you.

Of the hundreds of books I have read, I consider this one of the very best. By way of background, I am a Board-certified clinical dentist with 17 years experience and three years of post-doctoral training. This collection of essays explores the value of our contributions to life, and the value of life's contributions to us. Although Dr Remen is an experienced oncologist, she has found most of her lessons by observing "the mysterious simple things," including her beloved grandfather's gentle and loving suggestions. These stories almost seem mystical in their value and goodness. They are wise and profound, despite (rather than because of) her clinical skills (medicine and medical business have usually emphasized competence and quickness rather than anything akin to compassion). I read one chapter of her book each day, along with my religious readings, and rarely finish the chapter without a tear in my eye and a glimmer of insight. She is a superb teacher and I'd recommend her book to anyone who wonders how they are ever going to show caring or kindness in the kind of world they live in.

As a Registered Nurse of many years, I found the book helpful in rekindling myself as a compassionate caregiver. Reading Rachel's book is like living the stories right along with her. Having had the pleasure of listening to her speak, and then reading her books has helped me to look at life differently. I found myself not wanting to put the book down. I wholeheartedly recommend this book, as well as "Kitchen Table Wisdom: Stories That Heal" to anyone who needs to learn to

live well, or to anyone who needs healing. (We all need a little healing once in a while!) Thank you Rachael, your books have opened my eyes as a caregiver.

Rachel and her grandfather walk through life on a different path. Rachel is the academic achiever, who devotes her life to helping others in her profession as a medical doctor. Her grandfather, a rabbi and man of great wisdom, sees the world through a more divine and holy light. While their paths may be different, their ultimate purpose in life is the same. I never had the opportunity to bond with any of my grandparents, the geographical miles between us were far too great; however, it would be one of life's greatest blessings to have had a grandfather as wise, gentle and understanding as Rachel's. The stories contained here will bring a smile and evoke a tear, as science, medicine, religion and spirituality exquisitely merge together throughout the pages of the book. Rachel embraces the world and the reader with her compassion and love for humanity. As you read through the pages, you will be left with a better understanding of life's true meaning and purpose; it is a well-written and thought-provoking book.

In "My Grandfather's Blessings," Dr. Rachel Remen uses stories of her rabbi grandfather, her patients and herself to illustrate ways in which illness and death can bring hope, insight, and transformation into peoples' lives. She gives especial attention to the conflicts between the way in which science and medicine has been traditionally practiced and religion and spirituality. This book is a wonderful, luminous primer for restoring a sense of soul to science. I cannot recommend it highly enough.

A grandfather's blessings have evoked in Rachel Naomi Remen a wisdom in the service of life. This book is filled with stories, anecdotes and reflections which will help readers to recognize and bless the wisdom in themselves and in others. At a time when Orthodox Judaism is in the news, this book will go a long way to dispel cliches and to advance a positive appreciation of the spiritual wisdom at the heart of all authentic religious traditions and personal experience.

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