



A Heart of Wisdom: Making the Jewish Journey from Midlife through the Elder Years

Susan Berrin

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A Heart of Wisdom: Making the Jewish Journey from Midlife through the Elder Years Susan Berrin Shows us how to understand and meet the challenges of our own process of aging—and the aging of those we care about—from a Jewish perspective, from midlife through the elder years. Over 40 contributors offer their insights and experiences through personal narrative, text studies, poems, ceremonies and stories about aging, retiring, growing, learning, caring for elderly parents, living and dying.

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