



Jewish Wisdom for Growing Older: Finding Your Grit and Grace Beyond Midlife

Rabbi Dayle A Friedman

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Offers inspiration and guidance to help you make greater meaning and flourish amid the challenges of aging. It taps ancient Jewish wisdom for values, tools and precedents to frame new callings and beginnings, shifting family roles, and experiences of illness and death. For seekers of all faiths; for personal use and caregiving settings.

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