

## A Time to Mourn, a Time to Comfort: A Guide to Jewish Bereavement (The Art of Jewish Living)

Dr. Ron Wolfson



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#### A Step-by-Step Guide for Honoring the Dead and Empowering the Living

When someone dies, there are so many questions?from what to do in the moment of grief, to dealing with the practical details of the funeral, to spiritual concerns about the meaning of life and death. This indispensable guide to Jewish mourning and comfort provides traditional and modern insights into every aspect of loss. In a new, easy-to-use format, this classic resource is full of wise advice to help you cope with death and comfort others when they are bereaved.

Dr. Ron Wolfson takes you step by step through the mourning process, including the specifics of funeral preparations, preparing the home and family to sit *shiva*, and visiting the grave. Special sections deal with helping young children grieve, mourning the death of an infant or child, and more.

Wolfson captures the poignant stories of people in all stages of grieving?children, spouses, parents, rabbis, friends, non-Jews?and provides new strategies for reinvigorating and transforming the Jewish ways we mourn, grieve, remember, and carry on with our lives after the death of a loved one.

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