**NEFESH LIBRARY**

**BOOKS**

**(Click on Amazon Smile To Order for each book to link to Smile.Amazon.com. When you purchase the book Congregation Beth Chaim will receive a donation from Amazon)**

* **The ADHD Effect of Marriage by Melissa Orlov** [**Amazon** **Smile To Order**](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

Updated in 2020! Invaluable resource for couples in which one or both partners have Attention Deficit Hyperactivity Disorder (ADHD), this authoritative book guides troubled partners towards an understanding and appreciation for the struggles and triumphs of a relationship affected by it, and to integrate ADHD into their relationship in a more positive and less disruptive way. Going beyond traditional marriage counseling which can often discount the influence of ADHD, this discussion offers advice from the author’s personal experience and years of research and identifies patterns of behavior that can hurt marriages – such as nagging, intimacy problems, sudden anger and memory issues – through the use of descriptions of actual couples and their ADHD struggles and solutions. The first third of the book is dedicated to helping couples identify how ADHD impacts their relationship. The last two-thirds provides a specific set of steps couples can move through to overcome their hurt and anger, once again develop loving ways to interact with each other, and find the joy they’ve lost in their struggles. This book encourages both spouses to become active partners in improving their relationship.

The ADHD Effect is a brilliant compilation of what you can do if you are in a marriage where one or both of you have ADHD.  It is a life-saver of a book..." --Dr. Edward Hallowell, co-author of Driven to Distraction

"We adore this book!  It's a comprehensive guide to dealing with the impact of ADHD on your marriage without making either partner wrong..." --Kate Kelly and Peggy Ramundo, authors of You Mean I'm Not Lazy, Stupid or Crazy?!

* The Big Activity Book for Anxious People by Jordan Reid, Erin Williams [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

**Feeling anxious? Who isn't! Your most irrational (and sometimes rational) fears are hilarious fodder for this sharp and relatable activity book.**

These days, anxiety is simply part of the human experience. Part journal, part coloring book, part weird coping mechanisms, and part compendium of soothing facts, *The Big Activity Book for Anxious People* will be an outlet for anyone who wants to take a break from reality, laugh through her fears, and realize with every page that she is not alone--and to help her figure out what to do when it's 3AM and she's wide awake worrying about whether she cc'ed the right "Bob" on that email. (Probably.)

Activities include:
**-** Fun Facts about Aging!
**-** Public Speaking: A Diagram
**-** Your Hotel Room Carpet: A Petri Dish of Horrors
**-** Obscure Diseases You Probably Don't Have
**-** Zen Mantras For The Anxiously Inclined
**-** Soothing Facts about Hand Sanitizer

On a bad day, try coloring in the soothing grandma. On a *really* bad day, find step-by-step instructions on how to build an underground bunker. Reid and Williams want everyone to remember that they're in good company: anxious people are some of the funniest and most interesting and creative humans on the planet. (They know, because they are two of them.)These days, anxiety is simply part of the human experience.
From Goodreads

* Wherever You Go There You Are: Mindfulness Meditation in Everyday Life by Jon Kabat-Zinn [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

 In this book, the author maps out a simple path for cultivating mindfulness in one's own life. It speaks both to those coming to meditation for the first time and to longtime practitioners, anyone who cares deeply about reclaiming the richness of his or her moments.  From Goodreads

* Jew-ish: Reinvented Recipes from a Modern Mensch by Jake Cohen [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

When you think of Jewish food, a few classics come to mind: chicken soup with matzo balls, challah, maybe a babka if you’re feeling adventurous. But as food writer and nice Jewish boy Jake Cohen demonstrates in this stunning debut cookbook, Jewish food can be so much more.

In *Jew-ish*, he reinvents the food of his Ashkenazi heritage and draws inspiration from his husband’s Persian-Iraqi traditions to offer recipes that are modern, fresh, and enticing for a whole new generation of readers. Imagine the components of an everything bagel wrapped into a flaky galette latkes dyed vibrant yellow with saffron for a Persian spin on the potato pancake, best-ever hybrid desserts like Macaroon Brownies and Pumpkin Spice Babka! *Jew-ish*features elevated, yet approachable classics along with innovative creations, such as:

Jake’s Perfect Challah
Roasted Tomato Brisket
Short Rib Cholent

*Jew-ish*is a brilliant collection of delicious recipes, but it’s much more than that. As Jake reconciles ancient traditions with our modern times, his recipes become a celebration of a rich and vibrant history, a love story of blending cultures, and an invitation to gather around the table and create new memories with family, friends, and loved ones. **A brilliantly modern take on Jewish culinary traditions for a new generation of readers, from a bright new star in the culinary world. From Goodreads**



When Bad Things Happen To Good People by Harold S. Kushner [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

When Harold Kushner’s three-year-old son was diagnosed with a degenerative disease and that he would only live until his early teens, he was faced with one of life’s most difficult questions: Why, God? Years later, Rabbi Kushner wrote this straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes. Kushner shares his wisdom as a rabbi, a parent, a reader, and a human being. Often imitated but never superseded, **When Bad Things Happen to Good People** is a classic that offers clear thinking and consolation in times of sorrow.
Since its original publication in 1981,**When Bad Things Happen to Good People** has brought solace and hope to millions of readers and its author has become a nationally known spiritual leader. From Goodreads

* Chicken Soup for the Soul (The Original) by Jack Canfield, Mark Victor Hansen and Amy Newmark [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

Two of America's best-loved inspirational speakers share the very best of their collected stories and favorite tales that have touched the hearts of people everywhere. Canfield and Hansen bring you wit and wisdom, hope and empowerment to buoy you through life's dark moments.  From Goodreads

* The Untethered Soul by Michael A. Singer [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

**What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? *The Untethered Soul*—now a *#1* *New York Times* bestseller—offers simple yet profound answers to these questions.**

Whether this is your first exploration of inner space, or you’ve devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You’ll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

Co-published with the Institute of Noetic Sciences (IONS) *The Untethered Soul* begins by walking you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being. From Goodreads

* The Four Agreements: A Practical Guide to Personal Freedom (a Toltec Wisdom Book) by Don Miguel Ruiz [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

In *The Four Agreements*, don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, the Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. The Four Agreements are: Be Impeccable With Your Word, Don't Take Anything Personally, Don't Make Assumptions, Always Do Your Best.

From Goodreads

* What Happened to You? Conversations On Trauma, Resilience and Healing by Bruce D. Perry, M.D., Ph.D , Oprah Winfrey

[Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

Winfrey shares stories from her own past, understanding through experience the vulnerability that comes from facing trauma and adversity at a young age. Joining forces with Dr. Perry, one of the world’s leading experts on childhood and brain development, Winfrey and Dr. Perry marry the power of storytelling with science to better understand and overcome the effects of our pasts.

In conversation throughout the book, the two focus on understanding people, behavior, and ourselves. It’s a subtle but profound shift in our approach to trauma, and it’s one that allows us to understand our pasts in order to clear a path to our future – opening the door to resilience and healing in a proven, powerful way.

All proceeds from this book are donated to the Boys and Girls Club Mississippi.

*“Through this lens we can build a renewed sense of personal self-worth and ultimately recalibrate our responses to circumstances, situations, and relationships. It is, in other words, the key to reshaping our very lives.”*—Oprah Winfrey

* **Notes On Grief by Chimamanda Ngozi Adichie [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

 *Notes on Grief* is an exquisite work of meditation, remembrance, and hope, written in the wake of Chimamanda Ngozi Adichie's beloved father’s death in the summer of 2020. As the COVID-19 pandemic raged around the world, and kept Adichie and her family members separated from one another, her father succumbed unexpectedly to complications of kidney failure.

Expanding on her original New Yorker piece, Adichie shares how this loss shook her to her core. She writes about being one of the millions of people grieving this year; about the familial and cultural dimensions of grief and also about the loneliness and anger that are unavoidable in it. With signature precision of language, and glittering, devastating detail on the page--and never without touches of rich, honest humor--Adichie weaves together her own experience of her father’s death with threads of his life story, from his remarkable survival during the Biafran war, through a long career as a statistics professor, into the days of the pandemic in which he’d stay connected with his children and grandchildren over video chat from the family home in Abba, Nigeria. In the compact format of *We Should All Be Feminists* and *Dear Ijeawele,* Adichie delivers a gem of a book--a book that fundamentally connects us to one another as it probes one of the most universal human experiences. Notes on Grief is a book for this moment—a work readers will treasure and share now more than ever--and yet will prove durable and timeless, an indispensable addition to Adichie’s canon. From Goodreads

* The Well-Gardened Mind:The Restorative Power of Nature by Sue Stuart-Smith

[Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

**A distinguished psychiatrist and avid gardener offers an inspiring and consoling work about the healing effects of gardening and its ability to decrease stress and foster mental well-being in our everyday lives.**

The garden is often seen as a refuge, a place to forget worldly cares, removed from the “real” life that lies outside. But when we get our hands in the earth we connect with the cycle of life in nature through which destruction and decay are followed by regrowth and renewal. Gardening is one of the quintessential nurturing activities and yet we understand so little about it. *The Well-Gardened Mind* provides a new perspective on the power of gardening to change people’s lives. Here, Sue Stuart-Smith investigates the many ways in which mind and garden can interact and explores how the process of tending a plot can be a way of sustaining an innermost self.

Stuart-Smith’s own love of gardening developed as she studied to become a psychoanalytic psychotherapist. From her grandfather’s return from World War I to Freud’s obsession with flowers to case histories with her own patients to progressive gardening programs in such places as Rikers Island prison in New York City, Stuart-Smith weaves thoughtful yet powerful examples to argue that gardening is much more important to our cognition than we think. Recent research is showing how green nature has direct antidepressant effects on humans. Essential and pragmatic, *The Well-Gardened Mind* is a book for gardeners and the perfect read for people seeking healthier mental lives.  From Goodreads

*  The Empathy Advantage: Coaching Children to be Kind, Respectful, and Successful by Lynn Azarchi [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

Children have always bullied, but now with social media, bullies have a platform where the message's reach is exponential - a single post can shoot out humiliation well beyond the schoolyard fence and go viral. Racism and hate have always existed, but the arc that once bent toward greater tolerance is today pitting races and religions against one another. Empathy is a first step toward addressing any of these problems. Best of all, it is a gift from parent to child that's free and lasts a lifetime. The Empathy Advantage will be written in an engaging, interactive way and be filled with top ten lists, action tips, activities, illustrations, pithy quotes, FAQs, and highlight boxes. It will capture parents' attention with facts and research to demonstrate that our society and our youth do suffer from an "empathy crisis," that it is important to counter it, and then empower them to take action. Yes, empathy can be taught. The earlier that parents journey into the land of empathy, the better off their families will be - equipped with enhanced social-emotional and people skills. From Goodreads

* Adulting: How To Become A Grown-Up in 468 Easy (ish) Steps by Kelly Williams Brown [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

 If you graduated from college but still feel like a student . . . if you wear a business suit to job interviews but pajamas to the grocery store . . . if you have your own apartment but no idea how to cook or clean . . . it's OK. But it doesn't have to be this way. Just because you don't feel like an adult doesn't mean you can't act like one. And it all begins with this funny, wise, and useful book. Based on Kelly Williams Brown's popular blog, ADULTING makes the scary, confusing "real world" approachable, manageable-and even conquerable. This guide will help you to navigate the stormy Sea of Adulthood so that you may find safe harbor in Not Running Out of Toilet Paper… From Goodreads

* A Liberated Mind: How To Pivot Toward What Matters by Steven C. Hayes, PhD [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

 In this landmark book, the originator and pioneering researcher into Acceptance and Commitment Therapy (ACT) lays out the psychological flexibility skills that make it one of the most powerful approaches research has yet to offer. These skills have been shown to help even where other approaches have failed. Science shows that they are useful in virtually every area--mental health (anxiety, depression, substance abuse, eating disorders, PTSD); physical health (chronic pain, dealing with diabetes, facing cancer); social processes (relationship issues, prejudice, stigma, domestic violence); and performance (sports, business, diet, exercise). Hayes shows how allowing ourselves to feel fully and think freely moves us toward commitment to what truly matters to us. Finally, we can live lives that reflect the qualities we choose. From Goodreads

* The Happiness Trap by Russ Harris [Amazon Smile To Order](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=23-7129982&ref_=smi_ext_ch_23-7129982_cl)

Are you, like milllions of Americans, caught in the happiness trap? Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression. This empowering book presents  the insights and techniques of ACT (Acceptance and Commitment Therapy) a revolutionary new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. From Goodreads