

"One of the most extraordinarily moving books I have ever read."  
—Dr. Dean Ornish

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# MY GRANDFATHER'S BLESSINGS



*Stories of Strength,  
Refuge, and Belonging*

**RACHEL NAOMI REMEN, M.D.**

*author of* KITCHEN TABLE WISDOM

Rachel Naomi Remen

## My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging



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IN MY OWN Grandfather's Blessings, Rachel Naomi Remen, a cancer physician and master storyteller, uses her luminous tales to remind us of the power of our kindness and the joy to be alive. He taught her that blessing one another is what fills our emptiness, heals our loneliness, and connects us more deeply to life. Through our services we will discover our own wholeness and the way to restore hidden wholeness on earth. Dr. Life has given us a lot more blessings than we've allowed ourselves to receive. My Grandfather's Blessings is approximately how we can acknowledge and receive our blessings and bless the life span in others. Serving others heals us. Remen's grandfather, an orthodox rabbi and scholar of the Kabbalah, saw existence as a internet of connection and understood that everyone belonged to him, and that he belonged to everyone.



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Very moving A wonderfully well written book. In "My Grandfather's Blessings," Rachel Remen uses stories of her rabbi grandfather, her sufferers and herself to illustrate ways that grave illnesses, recovery and dying can significantly transform peoples' lives. She explores the spiritual facet of every existence, and assists the reader and recount their many blessings one page at a time. Some extremely touching stories throughout, brief and easy to read a little every day. Because that is the gift Dr. Remen seems I possibly could relate to nearly every story for some reason. Silence can be God's lap. Everything can be made holy. Wonderful short stories. Right now, I 'get' the explanation in my own heart - I've the unique and incredible career to be in a position to bless others through my work with my concentration and my existence. She writes to the heart of what this means to be human. The baby boy in the ER who somehow lived against all of the odds--the power and mystery of life and of the will to live when in the presence of overwhelming love. Her pearls of wisdom consist of: "Living is certainly a matter of interest and risk. But sometimes, oh sometimes, it does get to be what we'd so hoped for." We were re-reading this book and its companion, "Kitchen Table Wisdom," while extremely ill in a healthcare facility. A nurse walked in, noticed them in my space and exclaimed over how much she cherished those books, too. She says, "Big text messages come in small packages. I was extremely moved by lots of the tales as I, like the majority of people, have also been touched by terminal illness and reduction in my life. Remen gives her readers: a apparent view of not only medicine but life, an opportunity to become the greatest in ourselves, a way forever forward. I like the true stories from this doctor's encounter. Buried in the mundane and even the most difficult is definitely a spark of God. I so want to learn this book again! In the face of that which is beyond healing.. This is actually the book I would suggest to anyone with queries about traditional Judaism. Rachel Naomi Remen, a malignancy doctor, recounts her weekly childhood visits to her grandfather's house. Fee Four Stars No comments. Remen's grandfather was an orthodox rabbi; and each erev shabbat she would visit his house and enter his globe of Torah tales, lessons, and blessings." Remen says, "Survival is approximately safety living is about risk. Remen draws you into each one of these appointments so completely that you feel like you are there, and a recipient of "her grandfather's blessings." A Book Of Pleasure, Hope, and Mystery This book was gifted to me by way of a client and I am forever grateful for the gift. Additionally it is a powerful and attitude changing reserve - read it only when you are desiring hope and to understand yourself better. I completely embrace and honor the mechanics of coaching, but I've always known that there surely is a serendipitous aspect which will go beyond logic. Remen, and may I say that she is very much the person I hoped and understood she would be: deeply kind and compassionate and smart in ways I desire to someday be. Feels as though a blessing Reading it soothes my soul....I understand that something will emerge from our conversation as time passes that is a part of a larger coherent design that neither of us can fully see currently." And, while that element is vital to my work, it isn't exclusive to instructors or any additional helping industry - it is the glue that retains most of us humans jointly as we journey through lifestyle.' Yet, 'blessing' seems to me to exceed 'love,' to end up being the best order of love, the very best of the pinnacle. That is an easy read in terms of layout - short chapters filled with human interest stories. As a specialist coach of business and existence, I often struggle, actually to myself, to adequately clarify what I really do and why it really is effective. Loving and Wise Rachel Remen's extraordinary reserve " My Grandfather's Blessing" is about blessing life through services. Not through the support that's dramatic or bigger than lifestyle, but through the easy ordinary actions we can perform for others. I immediately understood I was in good hands and that this was someone who cared deeply about her patients--and she do. All it may take to restore someone's rely upon life may be returning a dropped earring. Herself a master storyteller, Dr. Remen Her stories show us how to choose life. "When it

functions," she titled the tale, because sometimes the finish of the story is not the one we'd have selected. Spiritual experience isn't taught;..to do whatever is needed in order to live aloud. Caring deeply makes us vulnerable.. Five Stars What an insightful reserve! Whenever we do not reside in one piece, our life force turns into divided." She says people's lives are often changed by significant illness because they gather strength when they change their ideals."It is astonishing how easy it really is to forget that each life matters, that people are every one of a kind and worthy of unconditional love. The denial of a common vulnerability may be the ultimate barrier to compassion." seems less about celebrating existence and even more about the wisdom of selecting life. People die in personality in much the same way they have lived. Of selecting something important and serving it. it is uncovered, discovered, recovered. Folks of vision may first need to abandon their resentment of just how things are in order to begin repairing the world. Helping and repairing wounds people-service heals. It is hard not to see the person you are helping simply because someone weaker than yourself, someone more needy. Viewing yourself since a fixer may cause you to see brokenness everywhere. We are able to strengthen or diminish the life around us. A helping relationship may incur a feeling of debt, but support, like healing is mutual. We strengthen lifestyle any moment we listen generously or encourage someone to find meaning. In befriending life, we do not produce things happen according to our own design. We uncover a thing that has already been happening and create circumstances that enable it. It is for sure among the best books ever! Silence is a place of great power and healing. If you carry someone else's fear and live by somebody else's values, you may find which you have their lives. I've spent a long time learning how exactly to fix life, and then discover. all we can carry out is bear witness so no one need suffer alone...that life isn't broken. The Hebrew word "L'chiam" this means "ALIVE! Hell is where folks have forgotten how to bless one another. The molecules in you and me. Reading it really is like stepping into a parallel dimension of assurance, goodness, and light..are secondhand, borrowed for the event and returned when outgrown. Rachel's grandfather would have been forever proud that thus many have been thus blessed by this publication. Do yourself a favor: --read this book!. Highly recommended if you want something to help soothe your soul. Whenever we grow in wisdom and love we become a blessing to those around us and a light in this world." Sweet tales..Remen uses the word 'blessing' simply because a synonym for the word 'love. After reading this, I had the fantastic privilege of meeting Dr. Inspirational! touching Love this book and its own sensitivity. Ordered several more. Great book Had to get this book for college but I am glad I did so. Great book. We haven't heard whether they liked it. I gave this as something special. I gave it as a gift to friends facing cancer and going right through treatment. Inspiring Words An inspirational publication, makes one think about what's important when existence is difficult. Short chapters, so it's better to mull the ideas in each one. I am deeply grateful for these books and have given many copies apart. Patients have a lot to teach doctors. I haven't heard whether or not they liked it. Our vitality is certainly rooted in our integrity. An excerpt demonstrates: (page 90) "As we sit together,. Though she was raised in a secular Jewish home, Dr.



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