

Contents

<i>Preface: How Positive Judaism Was Born</i>	7
<i>Introduction: A New Vision For Jewish Life In The Twenty-First Century</i>	13
PART ONE: ANCIENT WISDOM, MODERN SCIENCE	17
1 The Science Of Well-Being And Happiness	19
2 Positive Judaism: Principles, Practices, And Virtues	35
PART TWO: JEWISH WELL-BEING IN THE FIVE AREAS OF LIFE	43
3 Relationships: Marriage, Family, And Parenting	45
4 Health: Physical And Mental Well-Being	61
5 Community: Bringing People Together	71
6 Work: Make Your Calling Your Career	81
7 Money: Earn It Well, Spend It Wisely	91
PART THREE: ACTIVATING POSITIVE JUDAISM WHEN LIVING HURTS	99
8 When Relationships Fall Apart: Broken Bonds, Separation, And Divorce	101
9 When Illness Comes: Coping With Pain And Sickness	111
10 Alone In The World: Facing Loneliness And Isolation	121
11 When The Work Is Not Working: Job Loss And Forced Career Change	129
12 Upside Down: Dealing With Financial Trouble	139

PART FOUR: THE JOURNEY FORWARD: THE FUTURE OF POSITIVE JUDAISM	147
A Letter To Readers And Friends: Adopting Positive Judaism In Your Life	149
A Letter To Colleagues: Adopting Positive Judaism In Your Community	151
A Letter To Religious Leaders Of All Faiths: Adopting Positive Religion For The Well-Being Of Humanity	153
APPENDIXES	155
Appendix A: Adapted Perma Well-Being Profiler	157
Appendix B: Signature Strengths Survey	162
Appendix C: The Positive Judaism Passover Seder	166
<i>Acknowledgments</i>	170
<i>Notes</i>	173
<i>Join Positive Judaism Online</i>	187
<i>About The Author</i>	188