

FOR IMMEDIATE RELEASE

Contact: Jennifer Rataj

Telephone: (802) 457-4000

Fax: (802) 457-4004

publicity@jewishlights.com

How Can the Principles of *Teshuvah* Help You Rediscover and Renew Yourself?

Almost every day, in ways large and small, we hurt others, most often those closest to us, in ways that we regret. We know in our hearts that our words and our deeds do not reflect our true selves. These inevitable shortcomings, if not addressed and redressed, bring guilt and shame in their wake, undermine our relationships, and can even erode our self-esteem. We want to undo what we have done, but how? We want to reclaim our integrity, but where do we begin?

“Like water, *teshuvah* is both destructive and creative,” writes Dr. Louis E. Newman in **REPENTANCE: The Meaning & Practice of *Teshuvah*** (Jewish Lights / April 2010 / Hardcover / \$24.99). “*Teshuvah*, like water, has the power both to wash away past sin and to shower you with the blessing of a new future, if only you trust it and allow yourself to be carried along in its current.”

Combining personal reflections with profound scholarship, Dr. Louis E. Newman examines the way our society deals with moral failings and illustrates how the Jewish principles of *teshuvah*—truthfulness, responsibility and humility—are the key to rehabilitation and reconciliation, both divine and human. Addressing our most profound questions about human freedom, our relationship to God and to ourselves, and the nature of moral development, he explores:

- How do we overcome our evil impulses?
- What traits do we most need to cultivate in order to repent?
- How can we repent to those we have wronged?
- How can we repent to those who have died or who are no longer reachable?
- How can *teshuvah* enable us to make peace with our transgressions while also helping us to develop a stronger sense of responsibility?

###

REPENTANCE

The Meaning & Practice of Teshuvah

By Dr. Louis E. Newman

Forward by Rabbi Harold M. Schulweis

Preface by Rabbi Karyn D. Kedar

Jewish Lights (Woodstock, VT); www.jewishlights.com; 800-962-4544

Hardcover / \$24.99 / 256 pages / April 2010 / ISBN 978-1-58023-426-9

About the Author:

Dr. Louis E. Newman is the John M. and Elizabeth W. Musser Professor of Religious Studies at Carleton College in Northfield, Minnesota. He is author of *Past Imperatives: Studies in the History and Theory of Jewish Ethics*; *An Introduction to Jewish Ethics*; and the LifeLight™ pastoral care booklet *Doing Teshuvah: Undoing Mistakes, Repairing Relationships and Finding Inner Peace* (Jewish Lights). Dr. Newman is available for scholar-in-residence weekends and repentance workshops.

About the Foreword:

Rabbi Harold M. Schulweis, rabbi at Valley Beth Shalom in Encino, California, is the author of many books, including *Conscience: The Duty to Obey and the Duty to Disobey* (Jewish Lights), winner of the National Jewish Book Award, and is the founding chairman of the Jewish Foundation for the Righteous and founder of Jewish World Watch.

About the Preface

Rabbi Karyn D. Kedar is senior rabbi at Congregation B'nai Jehoshua Beth Elohim in the Chicago area and author of *The Bridge to Forgiveness: Stories and Prayers for Finding God and Restoring Wholeness* and *God Whispers: Stories of the Soul, Lessons of the Heart* (both Jewish Lights).

REPENTANCE

The Meaning & Practice of Teshuvah

By Dr. Louis E. Newman

Forward by Rabbi Harold M. Schulweis

Preface by Rabbi Karyn D. Kedar

Jewish Lights (Woodstock, VT); www.jewishlights.com; 800-962-4544
Hardcover / \$24.99 / 256 pages / April 2010 / ISBN 978-1-58023-426-9

Praise for
REPENTANCE
The Meaning & Practice of *Teshuvah*

By Dr. Louis E. Newman

“Blesses [us] with insights into the frailty and divinity of the soul. Dr. Newman teaches us that the past can be transformed, the sinner can be reborn, the God of justice can become the God of forgiveness. In short, he has given us the way of hope.”

—**Rabbi Naomi Levy**, author, *To Begin Again* and *Talking to God*

“Masterful... [Newman’s] analysis of sin and repentance is ... much clearer, much deeper, and more adequate to the phenomena of sin and repentance than any previous treatment of the subject.”

—**Rabbi Elliot N. Dorff, PhD**, rector and distinguished professor of philosophy,
American Jewish University; author, *The Way Into Tikkun Olam (Repairing the World)*

“Beautiful, wise, thorough ... reminds us that our greatness will not be judged by our supposedly grand accomplishments, but by how each of us deals with our inevitable moral failings, however great or small.”

—**Rabbi Nancy Flam**, co-director of programs, Institute for Jewish Spirituality

“In easily accessible language both religiously and psychologically informed, Newman guides us through our own return. Don’t go near the High Holy Days without this wise and inspiring moral classic.”

—**Rabbi Lawrence Kushner**, Emanu-El Scholar, Congregation Emanu-El,
San Francisco; author, *The Way Into Jewish Mystical Tradition* and *Kabbalah: A Love Story*

“Amazing. Readers seeking to redress their own misdeeds will find not only a gentle guiding toward the path of repentance but a treasury of Jewish wisdom about that path.”

—**Rabbi Arthur Waskow**, director, The Shalom Center; author, *Godwrestling—Round 2*

“This book is a gem. Not only will it have ‘legs,’ but it will be up there with the great *mussar* texts. It is part prayer, part poetry, part ethical mentoring, part autobiography, part *halakhah*, part consciousness raising, part theological wrestling, part psychological insights. How did he manage to do all this? One reason is that *teshuvah* is a multifaceted, highly complex, actionable idea—much more so than even its unreflective practitioners ever imagined. Another is that Louis Newman possesses an intellectually rigorous mind, a generous heart, and a tender, tender soul. He is also honest to the core. I think that I will become a better person for having read, and reread, this book.”

—**Blu Greenberg**, founder and president, Jewish Orthodox Feminist Alliance

REPENTANCE: The Meaning & Practice of *Teshuvah* (6" x 9", 256 pp, Hardcover, ISBN 978-1-58023-426-9, \$24.99) is available from Barnes & Noble, Borders, Books-a-Million, Indigo/Chapters, amazon.com, barnesandnoble.com, and many other booksellers, or directly from Jewish Lights Publishing, P.O. Box 237, Woodstock, VT 05091; Tel: (802) 457-4000; Fax: (802) 457-4004; www.jewishlights.com. For credit card orders, call (800) 962-4544. Add \$3.95 shipping and handling for the first book, \$2.50 for each additional book.