



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

Rachel Naomi Remen

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In **My Grandfather's Blessings**, **Rachel Naomi Remen**, a cancer physician and master storyteller, uses her luminous stories to remind us of the power of our kindness and the joy of being alive.

Dr. Remen's grandfather, an orthodox rabbi and scholar of the Kabbalah, saw life as a web of connection and knew that everyone belonged to him, and that he belonged to everyone. He taught her that blessing one another is what fills our emptiness, heals our loneliness, and connects us more deeply to life.

Life has given us many more blessings than we have allowed ourselves to receive. **My Grandfather's Blessings** is about how we can recognize and receive our blessings and bless the life in others. Serving others heals us. Through our service we will discover our own wholeness and the way to restore hidden wholeness in the world.

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Spent a free time to be fun activity to perform! A lot of people spent their leisure time with their family, or their particular friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to test look for book, may be the publication untitled My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging can be great book to read. May be it might be best activity to you.

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