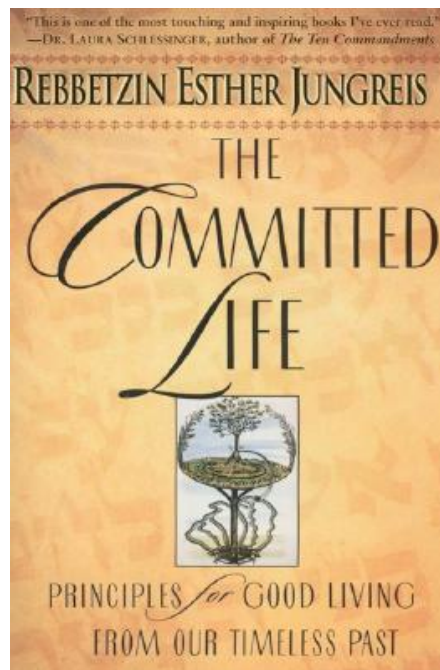




The Committed Life: Principles for Good Living from Our Timeless Past

Esther Jungreis

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Drawing on the timeless wisdom of the torah.Rebbetzin Esther Jungreis reminds us of the principles necessary for living a better and more committed life.Inspirational and deeply moving. This book will touch your heart like no other.

The Committed Life: Principles for Good Living from Our Timeless Past Details

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Heather says

I read this years ago but a recent conversation reminded me of how much I liked it and how much it's lessons have stayed with me over the years. I remember feeling very encouraged in my efforts to live a more God-centered life without feeling condemned for my failures. One of the things I liked most was the author's excellent use of stories to illustrate true principles. I think the stories are what have really stayed with me and have continually reminded me of the principles illustrated here.

Sam says

Beautiful book of essays written by a fascinating woman. Her first book and, in my opinion, her best.

Ruth says

Much to Think About

A person who is laser focused can accomplish much with great confidence. Rebbetzin Jungreis is a first degree relative of many rabbis and has spent her life trying to rekindle the faith in non practicing Jews. She presents a situation where she counseled someone and gives all the components necessary to help someone find their way back to their religious roots. Everything she does is based on Torah and Talmud stories combined with a lot of caring, sharing, networking and trust that the family rabbis will also know how best to respond to whoever she brings home. She wants everyone to share a Shabbat table that includes love, beauty, joy, prayers, singing, a true celebration of faith and life. She gives a glimpse into how to convey love to grandparents, one's spouse, children, grandchildren, the stranger, the sick and the widowed. Reading the book is inspiration and makes one want to be more loving oneself.

Thomas Whaley says

Excellent way to reconnect and reestablish your way of living and the way you want others to perceive you. Similar to Percolate and The Four Agreements, which I both highly recommend, The Committed Life provides you the opportunity to think about your life and how we could all live it in a more meaningful way. Great for anyone of any faith!

Miriam says

Absolutely beautiful. Moved to tears in a uplifting way.

Barbara L. says

This book made me want to be a better person. More important, it made me believe I can be a better person. Rebetzen Jungreis inspires not just by talking about good middot (character traits) but by sharing personal anecdotes that help you understand how these things can be put into practice. I want to keep it close by my side to refer to when I am challenged in the many areas she discusses: commitment, responsibility, charity, peace, prayer, forgiveness, banishing fear, compassion, faith, hope, and gratitude, among others. Just wonderful.

Barbara Kapelman says

Wonderful and touching

This is a wonderful book filled with touching stories about real people with problems could relate to. I found myself in tears many times - in a good way. Highly recommended

J.M. Wang says

I honestly cannot even get past the Introduction/first chapter. It is extremely condescending and self-righteous, dripping with a heavy "holier-than-thou" attitude. Additionally, it is filled with broad generalizations that readers are supposed to automatically accept without questioning. Moreover, it is simply not realistic. It turned me off immediately.

Examples:

Pg xiii, 2nd paragraph of Introduction:

"...Ours is a generation that lacks moral underpinnings. There are no values to hold onto, no role models to look up. Movie stars, sports heroes, and government leaders from presidents to royalty have become the new 'fallen idols' of our age."

Really? Where is this view coming from? While I can see examples of this, there are many other contrary examples. The author makes no attempts at convincing the reader why she holds this particular view.

Pg 3, first page of first chapter:

"My husband was a paradigm of commitment in public as in private life, in war as in peace, in health as in illness, in life as in death. In forty years of marriage I never heard him utter an unkind word, raise his voice, or lose his temper."

Wow. I think if I roll my eyes any harder my contacts will fall out. Difficulties suppressing gag reflex aside, it is simply **impossible** for human beings to ALWAYS be kind and non-judgmental. It is like proclaiming someone NEVER lies (liar!). To be human is to have *human* emotions, thoughts, and behaviors. And this means having "bad" feelings like anger or holding uncharitable thoughts and judgments, along with "positive" feelings and attributes like happiness and compassion. We all judge whether or not we want to.

We all know that "first impressions" are not always true, yet it is human nature to judge things quickly (e.g., Ambady & Rosenthal, 1992); we simply cannot help it. While in many instances it may be useful to question such judgements, sometimes it is helpful to acknowledge and accept such judgments (in fact, the uncomfortable truth is that many times our intuition is actually objectively correct, even if we do not want it to be; refer to the work of **Nalini Ambady** for empirical evidence).

All this is to say is that, assuming the author's husband was human, it is simply not possible that he NEVER displayed any "human" characteristics like judging. I am not saying that the husband was not a good person-- it is very well possible that he was kind and moral-- yet the author's highly emotional and frankly illogical statement is simply unrealistic.

I can go on and on, but these are just some examples of why I find the book trite, unrealistic, and condescending. However, this is just my own personal view, and you may (and are very much welcome) to disagree. I am sure some people will argue that my low opinion of the book stems from my own bitterness and cynicism, and that my refusal to drink the Kool-Aid indicates that I am a hopeless soul who will never reach spiritual heights. I can understand the need to automatically attack one's character in arguing against a view, but such arguments are, in my view, frankly unconvincing and cognitively lazy.

As well, one can argue that one does not have a "right" to rate a book before finishing it. Although I understand why people may feel that one cannot "legitimately" judge a book without finishing it, I personally do not agree with this view. For me, I do not want to invest the time and effort to finish a book if I already know the book is not for me. This is particularly true if such aversion is strong and immediately apparent VERY early on in the book. I think we guilt others (and ourselves) too often about not finishing books. Instead of forcing ourselves to override our intuition, perhaps we would do well to acknowledge it. Life is short and there are WAY too many books out there! No shame and no guilt in quitting.

In a nut shell, consider this reader "uncommitted" to the views in this book :].

Donna Godfrey says

I have read this book 5 times. The author is so wise and share so many truths. She is a story teller mixed with all the points she is making. I am reading it again at the beginning of this year.

Hope says

This is a GREAT book of short stories and commentary. It will enrich your life.

batya7 says

Inspirational straight talk about fundamental Jewish beliefs and how to live a good life. Rebbitzen Jungreis powerfully engaged my mind, my emotions, and kept me thinking long past the time I put the book down.

Melena says

Amazing book! Absolute must read! I gave out a bunch of copies as gifts it was that good!

Glittervomit says

One of the best books for learning to change behaviors and have a new outlook on life.

Memory Toast says

This book reinforced for me the concept of "turning the pages of the Torah over and over, because everything is in it." As I read, I didn't encounter new information, but I reconnected with many areas of growth and was inspired to see if I could emulate the Rebbetzin's manner of looking through a Torah-lens at every situation.

Fans of this book should also check out The Committed Marriage: A Guide to Finding a Soul Mate and Building a Relationship Through Timeless Biblical Wisdom.

Cat says

Wonderful book
