

Resources from Rabbi Jen on Resilience

Books

On Resilience, Renewal and Joy
David Brooks, *The Second Mountain: The Quest for a Moral Life*
Brené Brown, *The Gifts of Imperfection*
ScoC Galloway, *The Algebra of Happiness: Notes on the Pursuit of Success, Love and Meaning*
Ross Gay, *The Book of Delights: Essays*
Jennifer Senior, *All Joy and No Fun: The Paradox of Modern Parenthood*
On Judaism and Torah
Robert Alter, *The Art of Biblical Narrative*
Robert Alter, *The Hebrew Bible: A Translation with Commentary*
Michael Carasik, *The Commentators' Bible, JPS Miqra'ot G'dolat: Exodus*
Marcia Falk, *The Book of Blessings: New Jewish Prayers for Daily Life, The Sabbath, and the New Moon*
Richard Elliot Friedman, *The Exodus: How It Happened and Why It Matters*
Richard Elliot Friedman: *Who Wrote the Bible?*
Avivah Gottlieb Zornberg: *Moses: A Human Life*
Avivah Gottlieb Zornberg, *The Particulars of Rapture: Reflections on Exodus*

Podcasts

"On Being," (Public Radio Exchange, Krista Tippett)
"Fresh Air" (National Public Radio, Terry Gross)
"Recode Decode" (Recode and Vox Media, Kara Swisher)
"Pivot" (Recode and Vox Media, Kara Swisher and ScoC Galloway)

Primary Texts

אור זרע לצדיק ולישרי לב שמחה:
Or zaru'a la-tzadik u-l'yishrei lev simchah.
Light is sown for the just, and for the upright of heart there is joy.
(Psalm 97:11-12)
עבדו את יהוה בשמחה באו לפניו בנגנה:
Ivdu et Adonai b'simchah, bo'u l'fanav bir'nana.
Worship Adonai in joy, come before God in glad song. (Psalm 100:2)
ונשמ נשיר שיר חדש וברננה נעלה.
V'sham nashir shir chadash u-vir'nanah na'aleh.
"And there we will sing a new song; with joy we will go up." (Shabbat song, Tzur Mishelo)
הזרעים בדמעה ברנה יקצרו...
Ha-zorim b'dima b'rina yiktzoru...
Those who sow in tears, in joyous song will they reap... (Psalm 126:5)

Chants (all can be found on rabbishefagold.com)

Accessing the Highest (Va'azamra)
Building the Holy Place (Vaasu)
Comfort, O Comfort (Nachamu)
From the Depths: (Mi Maamakim)
From the Narrow Place (Min HaMetzar)
God-Window Practice (Dodi Tzafanti Lach)
Going Up with Joy: (V'sham Nashir)
Loving 'This' (Zeh Dodi)
Soul Light: (Neir Adonai)
Through the Waters (Ki Taavor)
Transforming Grief to Joy (HaZorim)