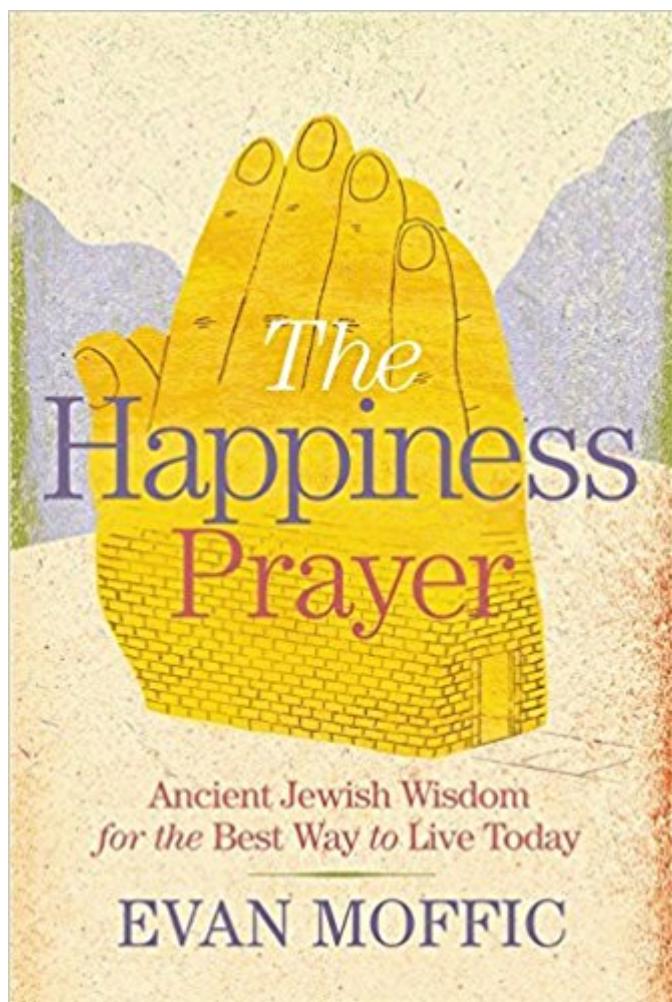


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# The Happiness Prayer: Ancient Jewish Wisdom For The Best Way To Live Today



## Synopsis

"Rabbi Moffic makes Jewish teachings relevant. He inspires us to find acceptance, joy, and happiness in everything we do."~Jason Brown, Olympic Figure Skater  
We think we know what makes us happy. But experience says otherwise. People today are more stressed and frustrated than ever. What can we do? We can turn to an ancient instruction manual...a prayer for life composed 2000 years ago. Based on ten practices any person can follow, the prayer has helped thousands of people-couples, teenagers, empty nesters struggling with loss, divorce, and ruptured relationships-find renewed meaning and purpose in their lives.Rabbi Evan Moffic discovered the power of the prayer when he was called to become the youngest rabbi to lead a large US synagogue at just thirty years of age. The prayer became his guidepost, providing him with the wisdom to lead beyond his years. It is not a typical prayer in that you just say it. It is an active prayer because you live it. The magic is not in the words. It is in the way you use the words to change yourself. You will discover those words in this book--and the ten life-changing practices it reveals.

## Customer Reviews

"A book about prayer, kindness, and happiness -- a perfect trilogy. Follow Rabbi Moffic's suggestions, and you will not only be a blessing in other people's lives, you will be a blessing in your own as well."--Rabbi Joseph Telushkin, author of Jewish Literacy, Words that Hurt, Words that Heal  
"Rabbi Evan Moffic masterfully invokes ancient Jewish wisdom to help us find happiness in our modern world."--Dr. Tal Ben Shahar, New York Times Best-Selling Author and Professor for Happiness 101, Harvard University's most popular course.  
Rabbi Moffic draws from Jewish wisdom in a way accessible to all of us. His insights as a rabbi speak generously to a multi-faith world."--Rev. Eugene H. Peterson, author of The Message  
and Professor Emeritus of Spiritual Theology, Regent College  
More people need to understand the power of prayer. Rabbi Moffic has given us a generous guide to unlocking the power of our words -- to God, ourselves, and each other."--Jeff Goins, Author, Wrecked: When a Broken World Slams into Your Comfortable Life  
"Spiritual wisdom meets positive psychology, showing that the examined life is not an unhappy one."--Adam Grant, New York Times bestselling author of Originals and Give and Take, and coauthor of Option B  
"I wish that every Christian I know could sit around a table with Rabbi Moffic and his wife, Ari--also a rabbi. My husband, Aaron, and I have treasured the time we've spent around the table with them--they're wise and kind and funny, and the depth and richness of their faith bleeds into every conversation."

Ã¢â€ša cShauna Niequist, bestselling author

EVAN MOFFIC unpacks Jewish wisdom so that people of all faiths can live a richer and deeper life. A graduate of Stanford University, he is known for his stories and scholarship, connecting ancient traditions with modern audiences of all ages and backgrounds. At age 30, he became the lead rabbi of Congregation Solel in suburban Chicago. Rabbi Moffic also appears regularly on cable news stations as a commentator on Israel and political and social events in America. With his wife, Rabbi Arielle Moffic, he has counseled hundreds of individuals and married thousands of couples of all faiths. They are the proud parents of two young children. You can learn more at [happinessprayerbook.com](http://happinessprayerbook.com).

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