

**TEMPLE SINAI LIBRARY COLLECTION ON
DEALING WITH CHALLENGES OF HEALTH AND DIFFERENCE
(organized by subject)**

The Temple Sinai Library Committee created this collection of books as a resource for congregants who know individuals with challenges or differences, either in their own family or among their acquaintances. We hope that among these books you will find some that help you to better understand and help them in their path through life as we come together as a community supporting and welcoming all of our members.

Note on the organization: In the first set of parentheses following the title is the year of publication. In the second set of parentheses is the call number, which will enable you to locate the book in the Temple Sinai Library. The librarian, Ruth Polk, is always pleased to help you find any books of interest to you. Please feel free to contact her at rpolk@templesinai.org or 202-363-6394 x218.

The Bible & Special Needs

Prouser, Ora H. *Esau's Blessing: How the Bible Embraces Those With Special Needs* (2012) (005 P968) A well-researched, respectful, fresh perspective on disabilities in Biblical narratives.

Illness & Coping

Kohn, Douglas J. *Life, Faith and Cancer: Jewish Journeys Through Diagnosis, Treatment, and Recovery* (2007)(220 K79) Stories by Jewish clergy and leaders who have endured cancer.

Levine, Robert N. *Where Are You When I Need You?: Befriending God When Life Hurts* (1996)(220 LEV655) Finding God during painful moments and critical events.

Maszler, Rabbi Joseph B. *Facing Illness Finding God: How Judaism Can Help You and Caregivers Cope When Body or Spirit Fails* (2010)(220 M586) Turning to Jewish tradition for guidance and support for when you are ill, providing care, or offering pastoral care.

Olitzky, Kerry M. *Jewish Paths Toward Healing and Wholeness: A Personal Guide to Dealing with Suffering* (2000)(220 O47) Faced with bodily illness in ourselves and our loved ones, how do we deal with it and heal?

Person, Hara E. *The Mitzvah of Healing: An Anthology of Jewish Texts, Mediations, Essays, Personal Stories, and Rituals* (2003)(220 P467) The opportunity to participate in healing ourselves and others.

(Remen, Rachel N. *Kitchen Table Wisdom: Stories That Heal* (2006)(220 R386) Stories of those who, having fallen ill, discovered previously untapped wells of fortitude and gained peace of mind.

Riemer, Jack. *Jewish Reflections on Death* (1967)(222.5 J59) Facing the problems of death and bereavement in a realistic and positive manner.

Aiken, Lisa. *Why Me God?: A Jewish Guide for Coping With Suffering* (1966)(222.5 A291) A psychologist provides inspiration and comfort.

Grollman, Earl A. *Talking About Death: A Dialogue Between Parent and Child* (2011)(FR222.5t G875) How do you explain the loss of a loved one to a child? A compassionate guide for adults and children to read together, featuring a read-along story and answers to questions children ask about death.

Jaffe, Hershel. *Why Me? Why Anyone?* (1994)(222.5 J23) A young Rabbi's search for meaning after being struck with leukemia.

Kushner, Harold S. *When Bad Things Happen to Good People* (2007)(222.5 K96) A moving and humane approach to life's windstorms.

Levy, Naomi. *To Begin Again: The Journey Toward Comfort, Strength, and Faith in Difficult Times*. (2011)(222.5 L668) A progressive Jewish approach to coping with life's darker moments.

Wolpe, David J. *Making Loss Matter: Creating Meaning in Difficult Times* (2000)(222.5 W866) His easy manner and eloquent style will help readers coping with loss feel as if they have found a companion.

Psychology

Groopman, Jerome E. *The Anatomy of Hope: How People Prevail in the Face of Illness* (2003)(390 G876a) A guide for patients and doctors alike to find hope amid the trials and fears of illness.

Solomon, Andrew. *Far From the Tree: Parents, Children and the Search for Identity* (2012)(397 S689) How do we deal with family members who are different? This is a long book but it has chapters on many differences including deafness, dwarfism, downs syndrome, autism, schizophrenia, disability, prodigies, rape, crime, and transgender issues.

Greenspan, Stanley I., M.D. *The Challenging Child: Understanding, Raising, and Enjoying the Five "Difficult" Types of Children* (1995) (397.2 G815) A guide for matching parenting style

to a child's personality in order to help each child build on strengths, master weaknesses, and embrace life with confidence and skills.

Greenspan, Stanley I., M.D. and Serena Wieder Ph.D. *The Child with Special Needs: Encouraging Intellectual and Emotional Growth* (1998) (397.2 G815) A step-by-step approach for helping children with developmental disabilities initiate and sustain mastery of the most important developmental milestones.

Judaism & Health, Aging, and Caregiving

Cutter, William. *Healing and the Jewish Imagination: Spiritual and Practical Perspectives on Judaism and Health* (2011)(612 C991) Many authors explore topics including the importance of the individual, healing among the mystics, hope, and the bible. From disability to enablement, overcoming stigma and bioethics.

Strauss, Jane. *A Part or Apart?: Disability and Inclusion in the Faith Community* (650.S912) Very moving photos and descriptive commentary bring disabilities alive, promoting a more welcoming and inclusive environment.

Meyer, Don, ed. *Thicker than Water: Essays by Adult Siblings of People with Disabilities*. (2009) (652 M612) Thirty-nine adult siblings reflect on how their lives have been indelibly shaped by their relationship with a brother or sister with special needs.

Grollman, Earl. *Bereaved Children and Teens: A Support Guide for Parents and Professionals* (1996)(652.7 G875) "This comprehensive guide to helping children and teens cope with the emotional, religious, social and physical consequences of a loved one's death...is indispensable for parents" and all professionals who work with this age group.

Address, Richard. *That You May Live Long: Caring for Our Aging Parents, Caring for Ourselves, Jewish Perspectives on Caregiving* (2003)(653 A227) Jewish perspectives on helping those close to us as they grow older and to help us deal with our own feelings as we face difficult questions.

Agronin, Marc E. *How We Age: A Doctor's Journey into the Heart of Growing Old* (2011)(653 A281) Through his work as a geriatric physician, he helps the reader understand the intricacies of human aging—a process marked by the realities of decline, disease, and death but also by fulfillment and satisfaction.

Michaels, James, Cary Kozberg, and Stephen Sapp. *Flourishing in the Later Years: Jewish Pastoral Insights on Senior Residential Care* (2012)(653 M621) Wisdom on a variety of topics from a Jewish perspective to assist and guide team members responsible for the care of the residents living in their facility.

Grollman, Earl A. *Caring and Coping when Your Loved One is Seriously Ill* (1995)(656 G875) In gentle, straightforward style, shows how to support the person who is ill-and handle your own emotions. A resource section lists organizations throughout the United States and Canada.

Halpern, Susan P. *The Etiquette of Illness: What to Say When You Can't Find the Words* (2008)(656 H195) This encouraging guide to navigating the complex terrain of illness is a collection of anecdotes and insights to help those who feel unsure about responding to a friend, colleague, or relative who is suffering.

Pogrebin, Letty C. *How to Be a Friend to a Friend Who's Sick* (2013)(656 P746) A guide for people who have friends facing a wide range of troubles, including their own illness (or imminent death), the loss of a loved one, or the mental illness or drug addiction of a child.

Rosenblum, Daniel. *A Time to Hear, a Time to Help: Listening to People With Cancer* (1993)(656 R813) Examines patients' anger, denial, anxiety, will to fight, and need for self-esteem and information, offers ways of coping, especially listening, which frequently is the most difficult, but valuable, thing for helping the patient.

Rosman, Steven M. *Jewish Healing Wisdom* (1997)(656 R821) Gleaned from the classical texts, in the context of modern holistic teachings, provides practical recommendations for integrating this wisdom into everyone's daily life.

Sheehy, Gail. *Passages in Caregiving: Turning Chaos into Confidence* (2006)(656 S541) A practical and caring guide for the person responsible for giving care, for a sustained period, to someone close to them.

Solomon, Lewis. *The Jewish Tradition and Choices at the End of Life: A New Judaic Approach to Illness and Dying* (2001)(656 S689) Examines the traditional Jewish approach, offering a more spiritually attuned alternative to end-of-life issues of suffering and dying in a high-tech culture.

Address, Richard. *Caring for the Soul R'fuat HaNefesh: A Mental Health Resource and Study Guide* (2003)(656.1 A227) Materials to help raise awareness of and reduce the stigma within congregations regarding individuals and families who are dealing with mental health issues.

Kaufman, Barry N. *Happiness is a Choice* (2011)(656.1 K21) Based on extensive study of people who successfully find happiness, advice is given on how to resist the negative influences and circumstances of life and, instead, achieve a positive attitude through six shortcuts to happiness.

Lerner, M. *Surplus Powerlessness: The Psychodynamics of Everyday Life and the Everyday Life and the Psychology of Individual and Social Transformation* (1998)(656.1 L614) The author argues that people make themselves more powerless than they need to be, and thereby undermine their own effectiveness in love, work, social engagement and political activity.

Mental Health

Adam, David. *The Man Who Couldn't Stop*. (2014) (656.1 A193) An intimate look at the power of intrusive thoughts, how our brains can turn against us, and living with obsessive-compulsive disorder.

Pruchno, Rachel. *Surrounded by Madness: A Memoir of Mental Illness and Family Secrets* (2014)(656.1 P971) Recounting her own history of family member mental health problems, the author conveys a strong message of the importance of being honest and open rather than hiding the realities of living with mental illness in the family.

Solomon, Andrew. *The Noonday Demon: An Atlas of Depression* (2011)(656.1 S689) A close look at depression in personal, cultural, and scientific terms, drawing on the author's own struggles with the illness, along with interviews with fellow sufferers, doctors and scientists, policymakers and politicians, drug designers and philosophers.

Stossel, Scott. *My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind* (2013) (656.1 S888) Drawing on his own battle with anxiety, Stossel shares anxiety's manifestations, treatments, human toll, and his own path to managing the symptoms.

Steinberg, Paul. *Recovery, the 12 Steps and Jewish Spirituality: Reclaiming Hope, Courage & Wholeness* (2014)(656.5 S819) Rabbi Steinberg shares his own personal struggles with alcoholism and addiction while integrating Jewish spirituality with the 12 Steps of Alcoholics Anonymous to help overcome concerns or objections to the widely-used recovery plan.

Fine, Carla. *No Time to Say Goodbye: Surviving the Suicide of a Loved One* (2011)(656.6 F495) Shines a light on the overwhelming feelings of confusion, guilt, shame, anger, and loneliness that arise when a close family member or friend commits suicide, and provides guidance in dealing with those painful emotions.

Grollman, Earl A. *Living When a Young Friend Commits Suicide or Even Starts Talking About It* (1999)(656.6 G875) Written to help young family members and friends understand why their loved one would commit suicide and how to deal with the grief they are experiencing.

Jamison, Kay R. *Night Falls Fast: Understanding Suicide* (2011)(656.6 J32) Written by someone who personally knows the struggle with manic-depression and the pull of suicide, this comprehensive work provides important insight into the suicidal mind, how to recognize and help those at risk, and the profound effects on those left behind.

Joiner, Thomas E. *Why People Die by Suicide* (2007)(656.6 J74) Addresses perennial questions that arise in the wake of a suicide—Why? How could we have known? What could we have done? Looks especially at common attributes of those who take their own life: the feeling of being a burden on loved ones; the sense of isolation; and “the learned ability to hurt oneself.”

Gordon, Sol. *When Living Hurts: A What-to-Do Book for Yourself or Someone You Care About Who Feels Discouraged, Sad, Lonely, Hopeless, Angry or Frustrated, Unhappy, Bored, Depressed, Suicidal* (1989)(FR656.1 G665) Helps people interpret the early warning signals, provide some hope for dealing with these difficult feelings, and seek a new understanding and meaning in life.

Children's Books

Bari, Ellen with illustrations by Raquel Garcia Macia. *Jumping Jenny* (2011)(YPB JUD B) For Jenny, who loves to jump, her bounciness often gets her in trouble, yet she turns her over-abundant energy into an asset and becomes the hero of her class mitzvah project.

Gellman, Ellie with illustrations by Ellie Gellman. *Jeremy's Dreidel* (2012)(YPB HANU G) First published in 1992; reissued in 2012 with all new illustrations to make this timeless tale accessible for modern readers. Jeremy's father is blind so Jeremy makes a special dreidel with braille letters so his father can participate in the game.

Karkowsky, Nancy F. with illustrations by Shelly O. Haas. *Grandma's Soup* (1989)(YPB LIFE CY K) "A poignant presentation of mental problems associated with senility and Alzheimer's disease." (School Library Journal)

Lehman-Wilzig, Tami and Nicole Katzman with illustrations by Jeremy Tugeau. *Nathan Blows Out the Hanukkah Candles* (2011)(YPB HANU L). Two brothers, one on the autism spectrum and one not, develop a new tradition for celebrating Hanukkah, one they can embrace together.

Naliboff, Jane with illustrations by Jeff Hopkins. *The Only One Club* (2004)(YPB JUD) "Addresses diversity and uniqueness while recognizing a child's need to belong to the group." (Children's Literature)