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### Soulful Parenting Help is on the Way

FOR IMMEDIATE RELEASE --In *Parenting on a Prayer: Ancient Jewish Secrets for Raising Modern Children*, published by Ben Yehuda Press, Teaneck, NJ, author, Amy Grossblatt Pessah mines the Jewish prayer book discovering key values for thoughtful parenting, relating them to the lessons she learned as the mother of three children.

In an age where some teens are more interested in making TikToks than making time with their family, this book helps parents rediscover timeless wisdom from the Jewish tradition, making it relevant for raising children in 2020.

Pessah uses prayers and sacred teachings as well as personal anecdotes to craft a mindful, loving and firm parenting strategy. Each chapter includes activities and questions to consider, encouraging parents to try out new strategies of engagement with their children. Pessah invites parents to learn not only from Jewish texts but also from their own inner wisdom. By weaving together both Jewish teachings and inner guidance, Pessah shares meaningful ways to raise today's children with essential values such as love, humor, responsibility and confidence.

Rabbi Dr. Bradley Artson, Dean of the Ziegler School of Rabbinic Studies, American Jewish University, writes that *Parenting On A Prayer* is a gift and a blessing. "This precious book embraces us and our children in wisdom, compassion, and joy," Artson says.

Dr. Rachel Naomi Remen, author of *Kitchen Table Wisdom* and *My Grandfather's Blessings* adds, "This honest, loving, scholarly and profound book is an ancient and modern guidebook to parenting...To read it is to be prepared to parent more wisely and recognize more fully that you yourself are a child of God."

Rabbi Dr. Jill Hammer, Director of Spiritual Education at the Academy for Jewish Religion, and author of *The Jewish Book of Days*, shares, "Parenting can often be lonely, and Pessah's journey and reflections will be a good companion for many who are struggling to parent children in a complex and changing world."

*Parenting on a Prayer* can be purchased on [www.benyehudapress.com](http://www.benyehudapress.com), Amazon, and Barnes & Noble. Copies are available for advanced reading for the press and can be requested by contacting Larry Yudelson at Ben Yehuda Press, [yudel@benyehudapress.com](mailto:yudel@benyehudapress.com).

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Amy Grossblatt Pessah graduated magna cum laude from Washington University in St. Louis with a double B.A. in History and Jewish Near-Eastern Studies. She continued her education by attending Hebrew Union College-Jewish Institute of Religion where she graduated with honors and received a Master's degree in Jewish Education. In January 2019, Amy was ordained as a rabbi by ALEPH: Alliance for Jewish Renewal.

A spiritual seeker since childhood, Amy has sought both experiential and intellectual paths on her quest for a deeper understanding to life's most pressing questions such as "Why are we here?" and "What is our purpose?"

Throughout the years Amy has studied a variety of religions, participated in interfaith work, and has been a student of mindfulness and Jewish mysticism. As well, she has been trained in Spiritual Direction, Jewish energy healing, Reiki, Integrated Energy Therapy, and has completed 400 hours of chaplaincy hospice training. Whether in a classroom setting, a Spiritual Direction session, or in a hospital room, Amy strives to help individuals connect more deeply to their own inner wisdom and to the Source of All.

Rabbi Amy Grossblatt Pessah is married to Aryeh Pessah and they are proud parents of three amazing young adults.

Visit [www.asoulfuljourney.com](http://www.asoulfuljourney.com) to learn more.