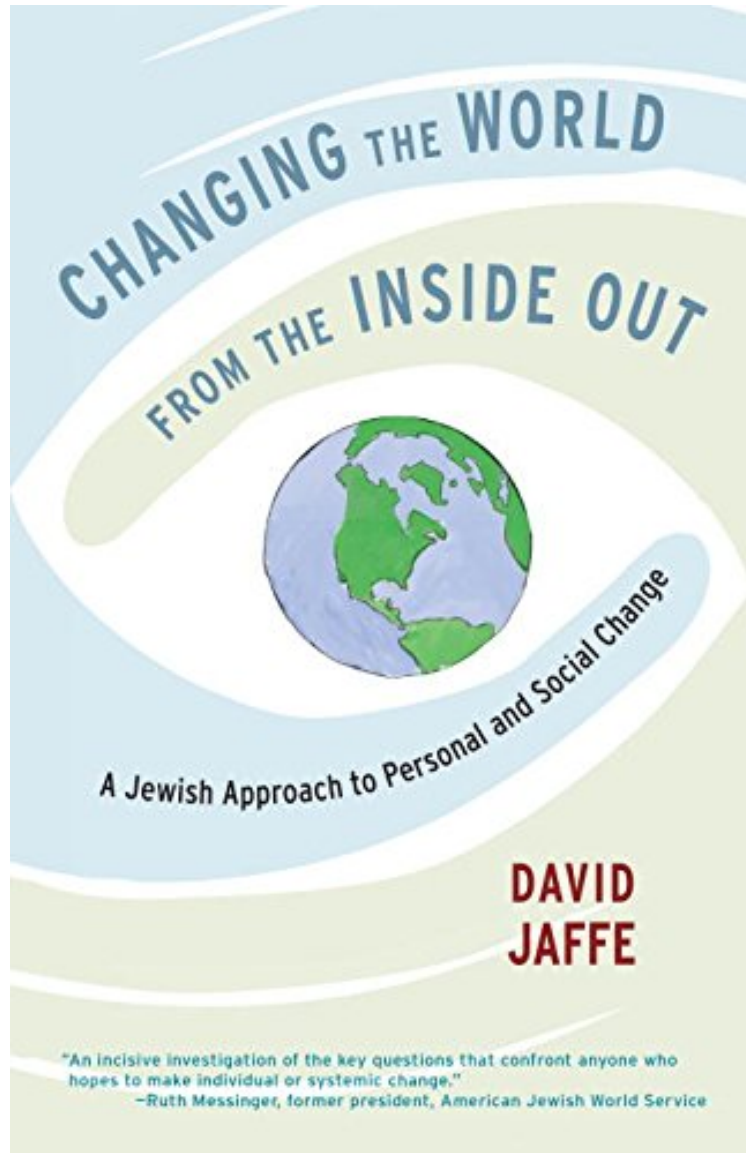


(Free) Changing the World from the Inside Out: A Jewish Approach to Personal and Social Change

Changing the World from the Inside Out: A Jewish Approach to Personal and Social Change

David Jaffe

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David Jaffe : Changing the World from the Inside Out: A Jewish Approach to Personal and Social Change before purchasing it in order to gauge whether or not it would be worth my time, and all praised Changing the World from the Inside Out: A Jewish Approach to Personal and Social Change:

3 of 3 people found the following review helpful. The Book We Have Been Waiting For By Nancy F. Kreimer Rabbi

Nancy Fuchs Kreimer, Associate Professor, Reconstructionist Rabbinical College Ever since I began the study of Mussar, fourteen years ago, I have asked my teachers to help make a connection between this traditional Jewish practice of character cultivation and today's social justice activism. Imagine my thrill to discover Rabbi David Jaffe's work! We needed someone to write this book, and Rabbi Jaffe was the perfect candidate. He is a learned and deep Mussar teacher and practitioner; he is also an experienced and thoughtful activist. Rabbi Jaffe brings all this together in a work that can guide both beginners and experts in both fields. Needless to say, in our present moment in this country, we need this wisdom more than ever. I read this book aloud with my husband, a law professor. As we discussed the rich ideas in each chapter, we knew we were girding ourselves for the battles ahead. Thank you, thank you, Rabbi Jaffe!

0 of 0 people found the following review helpful. Change the World By Changing Yourself By Greg Marcus Rabbi David Jaffe is a mensch, a Torah scholar, and a great writer. All three come through in his book. Jaffe begins by sharing his personal story. He had a secular Jewish upbringing, and started to walk the spiritual path in college after a close friend died of leukemia. It led to a spiritual awakening that eventually brought him to Israel to learn the teachings of the followers of Rabbi Nacham of Breslov. That name might not mean anything to you, but he was a Rabbi who died in 1810 who emphasized joy, yearning, finding the good in oneself and others among other things. And this path led Jaffe to Mussar. This book does an amazing job of explaining both Mussar and other Jewish teachings in a way that an everyday person can understand. What differentiates "Changing the World" from other Mussar books is the focus on social justice. Jaffe uses stories from his time as a community organizer, as well as other stories from social justice leaders to explain different aspects of Mussar practice. Ultimately, if we want to change the world, we first need to change ourselves. If you are a social activist, looking to strengthen your resolve or overcome those things inside holding you back, this is a great book for you. And if you are on the spiritual path, the explanations of Mussar and real life examples will serve as both inspiration and a roadmap on your journey of personal transformation. I highly recommend that you buy it.

0 of 0 people found the following review helpful. This is a very fine book. The author describes how as a young ... By Greifenklau This is a very fine book. The author describes how as a young Jewish college student and frat member a life changing incident made him realize that there is a world out there whose injustices needed fixing. He began to explore the Jewish concepts of morality, civilized behavior and concern for others embodied in the Jewish documents across the centuries: the Talmud (ca 200-400 AD), the morality teachings of the medieval scholars and later, and the Hasidic traditions. He became a rabbi and an activist in social concerns. Well written, touching in many places. My only reservation is that at the end of chapters there are short questionnaires for the reader to ask himself or herself instances of where the chapters contents were reflected in the reader's life. I didn't expect that, and I skipped over it. Minor quibble. Others might find these little quizzes interesting. Book is highly recommended.

WINNER OF THE 2016 JEWISH BOOK COUNCIL AWARD FOR CONTEMPORARY JEWISH LIFE AND PRACTICE

An inspiring and accessible guide, drawn from Jewish wisdom, for building the inner qualities necessary to work effectively for social justice. The world needs changing and you're just the person to do it! It's a matter of cultivating the inner resources you already have. If you are serious about working for social justice and change, this book will help you bring your most compassionate, wise, and courageous self to the job. Bringing positive social change to any system takes deep self-awareness, caring, determination, and long-term commitment. But polarization, the slow pace of change, and internal conflicts among activists and organizations often leads to burnout and discouragement among the very people needed to make a difference. *Changing the World from the Inside Out* distills centuries of Jewish wisdom about cultivating and refining the inner life into an accessible program for building the qualities necessary to accomplish sustainable change. Through explorations of deep motivation, inner-drive, and traits like trust and anger, this book engages the reader in a journey of self-development and transformation, demonstrating that sustainable activism is indeed a spiritual practice. Jaffe offers accessible and meaningful guidance for this journey with exercises, contemplations, and discussion points that can be used individually or in a group.

This wise book is essential reading for anyone who recognizes that the world's problems demand spiritual solutions, because it is we who must change before we can expect to change the world. Rabbi Jaffe draws on deep and time-tested Jewish wisdom to guide us to become more effective activists by bringing our highest truth to bear on public issues. He shows us how to tap the wellsprings of motivation, channel emotions, and align our behavior with our highest values to make us more effective in serving the public good. *Changing the World from the Inside Out* is full of valuable lessons that will help ensure that your holy light shines like a beacon in these dark times, when we need it so much. Alan Morinis, author of *Everyday Holiness* David Jaffe offers an incisive investigation into the key questions that confront anyone who hopes to make individual or systemic change. He encourages us to understand our motivations and drives and how to use these to move toward the change we want, to help others move with us, and to not burn out in the process. Ruth W. Messinger, former President of the American Jewish World Service *Changing the World from the Inside Out* combines sweeping, idealistic visions to repair the planet with practical, realistic approaches that enable this to get done, one step at a time. It offers a path with directions how to repair oneself and

grow into a kind, understanding, nurturing partner in progress. Rabbi Yitz Greenberg, President Emeritus, The National Jewish Center for Learning and Leadership"An inspiring integration of musar (inspirational) literature and practice with numerous examples of how one can take the insights of that inner discipline and use it to make a difference in the world. Raddi Sid Schwarz, New York Jewish Week About the Author DAVID JAFFE is a rabbi, a social worker, and an educational consultant to many major Jewish institutions in North America. He's a nationally recognized leader in the field of Mussar and applied Jewish ethics, and he is a frequent speaker at synagogues and Jewish conferences around the country. He's spent twenty-five years teaching and working in various areas of social justice outreach, including homelessness and interfaith community organizing. www.rabbidavidjaffe.com