



# Here I Am

Using Jewish Spiritual  
Wisdom to Become More  
Present, Centered, and  
Available for Life

Leonard Felder, PhD

“Dr. Leonard Felder has a marvelous talent for illuminating profound wisdom teachings in a way that readers can understand personally and bring into their lives to nurture and deepen their own spiritual practices.”

RABBI DAVID A. COOPER, author of *God Is a Verb*

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During stressful times, it's easy to get caught up in feeling anxious, tense, foggy, and overloaded. Here are easy-to-use techniques for managing and rebalancing these emotions to help find your calm, strong center.

**In this book you'll learn how to:**

- Regain equilibrium when you feel pulled in too many directions
  - Outsmart your moody, anxious brain
  - Know when to intervene and when to let go in a situation
  - Respond with wisdom when someone treats you harshly
  - Find inner quiet and peace when you feel agitated
  - And much more
- .....

**Leonard Felder, PhD**, has extensive experience in multi-faith counseling and dialogue and has made these Jewish stress-management practices resonate with people of all religious backgrounds who are looking for more awareness, clarity, and calmness when faced with stress-related emotions.

 **Trumpeter**  
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