



Saying No and Letting Go: Jewish Wisdom on Making Room for What Matters Most

Rabbi Edwin Goldberg

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Tap into timeless Jewish wisdom that teaches how to “hold on tightly” to the things that matter most while learning to “let go lightly” of the demands, worries, activities and conflicts that do not ultimately matter. Drawing insights from ancient and modern sources, it helps you identify your core values, what you can learn to pass up, and how to establish a disciplined practice to help you adhere to your choices. Whether it’s letting go of resentment, learning to say “no” at work or to your loved ones, downsizing your diet or asking less of the earth, this book will help you distinguish between the trivial and the profound.

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