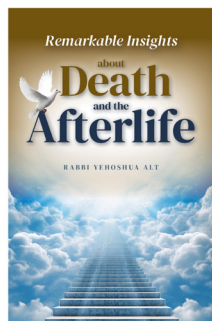




## Death And How To Live A Meaningful Life

By Rosally Saltsman



Although the book is called *Remarkable Insights about Death and the Afterlife*, Rabbi Alt begins his book with the inherent value of life and how we have to make the most of it. If life is a corridor to the next world we must pass through it accordingly, and one's eternity is inexorably linked to how

one lived and how one died. The connection between this world and the next is a main thread of this book.

The book contains references to many Jewish scholars and writings with many interesting stories spanning the centuries and millennia, to illustrate them. Many of these stories are included in the footnotes, which make them a requisite as opposed to auxiliary part of the book. I include below one such fascinating true narrative:

On the occasion of his 80<sup>th</sup> birthday, R' Uri Zohar, who became a *baal teshuva* in the late 1970s following a successful career as an actor and director in Israel's movie industry, agreed to a nationally televised interview conducted by one of Israel's most aggressive interviewers. The interviewer questioned him, saying, "You were one of the most adored movie stars in Israel's history and then you embraced religion, leaving behind all your friends and fans. Isn't a fundamental aspect of your religion centered around how you treat others? How can you justify disappointing so many people?" In

### *Remarkable Insights about Death and the Afterlife*

Rabbi Yehoshua Alt

response, R' Uri conveyed, "The truth is, I genuinely care and I do something for my former colleagues in the movie industry and my old friends that no one else does for them." He then retrieved a small notebook from his pocket and continued, "Many of my actor friends did not follow the path of religion, and sadly, some have already passed away, leaving behind irreligious children. As a result, there is no one reciting *kaddish* for them on their *yahrzeit*. I make it a point to find out their Hebrew names and record their *yahrzeit* dates so that I can recite *kaddish* for them." The camera zoomed in on his notebook and those watching saw the names inscribed therein. This moment sparked a sense of astonishment among non-religious Jews in Israel. A few years later, a woman from Tel Aviv, the daughter of a deceased actress who had no affiliation with religion, contacted R' Uri to convey a message. "My mother appeared to me in a dream three times within a week and she said 'My soul receives no elevation in *Olam Haba* except for one time each year, on my *yahrzeit* when Uri Zohar says *kaddish* for me.

However, my *yahrzeit* passed a few weeks ago

and he didn't say *kaddish*. He needs to rectify this." Upon checking his notebook, R' Uri realized that in that particular year, his wife had experienced the loss of a relative on the same date, and the day had been occupied with the funeral and burial, causing him to overlook the actress's *yahrzeit*.

This is Rabbi Alt's seventh book and it comprises 70 meticulously crafted essays, eloquently articulating the Torah's viewpoint regarding death and the afterlife, and the eternal value of a mitzvah in this world and the next. This work stands as an invaluable resource, facilitating readers in acquiring a deeper comprehension of this vital, ephemeral and unable to be fully understood topic.

The only drawback I found to this monumental work was the absence of a glossary. Although many terms are explained in context, a certain amount of prior erudition in Jewish sources is a prerequisite for the reader. But for someone with that background, the book is easy to understand, as it is interspersed with many stories, anecdotes and well, insights.

Everyone needs to know how to live the most meaningful life possible. Rabbi Alt's book certainly facilitates this goal.

*Rosally Saltsman, originally from Montreal is a freelance writer living in Israel. Her new book "100 Life Lessons I've Learned So You Don't Have To" is available for purchase on Amazon.com as well as her other books.*

## A Jewish Centered Guide To ADHD

By Jessie Fischbein

When it was time for summer camp, my son wanted to go where his friends went, which conveniently happened to be across the street from me. The problem was, half the day at that camp was spent learning. I called up to see if he could just attend for afternoons.

Mrs. Brafman was lovely and quite accommodating.

"How about he can walk around and take as many breaks as he needs?" she asked.

I said that would be insufficient.

"How about if he has one on one instruction?"

I said he just can't sit for that long.

Mrs. Brafman was perplexed. "Well, what does he do in school?" she asked.

### *Kosher ADHD: Surviving and Thriving in the Torah-Observant World*

Simcha Chesner Ph.D. and

Sara Markowitz Ph.D.

Kodesh Press

"I homeschool him," I said. "The last class we attended was 45 minutes long and they got to touch animals every 10 minutes, and he couldn't sit through it."

"You homeschool him," she said. "That's very brave."

"No," I responded. "Brave would be trying to send him to school."

I had VERY high expectations for this book. I've been parenting kids with ADHD for 22 years, and I have a lot of theories and workarounds and opinions. My expectations were exceeded. This book is fantastic. I was thumbing through the advance praise and I saw: "Pick up an extra copy, because this is one of those rare books you'll want to share far and wide, but you'll also want to keep and treasure your own marked up copy!" This proved absolutely true. Although I started reading on Shabbos, I ended up reading this throughout the week because there is so much to underline. My copy already has a waiting list of people who

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