



# Nine Essential Things I've Learned About Life

*Harold S. Kushner*

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# Nine Essential Things I've Learned About Life

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**Nine Essential Things I've Learned About Life** Harold S. Kushner

From the beloved author of *When Bad Things Happen to Good People*, deeply moving and illuminating reflections on what it means to live a good life.

As a congregational rabbi for half a century and the best-selling author of twelve books on faith, ethics, and how to apply the timeless wisdom of religious thought to everyday challenges, Rabbi Harold S. Kushner has demonstrated time and again his understanding of the human spirit. In this compassionate new work, his most personal since *When Bad Things Happen to Good People*, Kushner relates how his time as a twenty-first-century rabbi has shaped his senses of religion and morality. He elicits nine essential lessons from the sum of his teaching, study, and experience, offering a lifetime's worth of spiritual food for thought, pragmatic advice, inspiration for a more fulfilling life, and strength for trying times.

With fresh, vital insight into belief (“there is no commandment in Judaism to believe in God”), conscience (the Garden of Eden story as you’ve never heard it), and mercy (forgiveness is “a favor you do yourself, not an undeserved gesture to the person who hurt you”), grounded in Kushner's brilliant readings of Scripture, history, and popular culture, *Nine Essential Things I've Learned About Life* is compulsory reading from one of modern Judaism's foremost sages.

Distilling the wisdom of an extraordinary career, this profoundly inspiring yet practical guide to well-being is truly the capstone to Kushner's luminous oeuvre.

*From the Hardcover edition.*

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