

SAVE THE DATE!

the evening of
THURSDAY,
OCTOBER 8 at 7:00pm

Join Us . . .

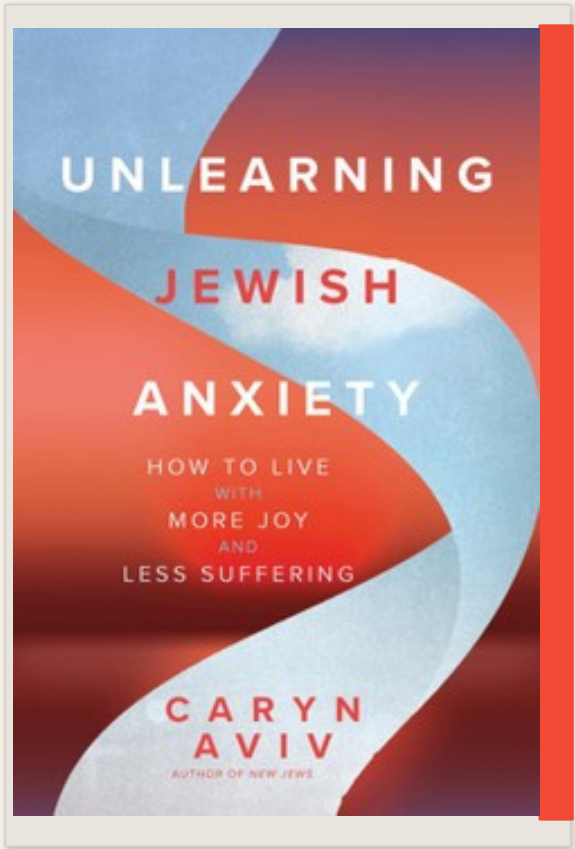
FOR A BOOK READ AND
DISCUSSION OF

Unlearning Jewish Anxiety

HOW TO LIVE WITH
MORE JOY AND
LESS SUFFERING

WITH THE AUTHOR

Rabbi Dr.
Caryn Aviv



UNDERSTAND

how anti-Jewish
contempt impacts
our nervous
systems
and our habits.



LEARN

how neuroscience
and
Jewish wisdom can
help us
unlearn anxiety and
live with more joy.



EXPAND

our capacity for
tikkun atzmi
(healing
ourselves) and
tikkun olam
(healing our world).



Get your copy ahead of time
and join us for a thoughtful
discussion/workshop and
Q & A with Rabbi Dr. Caryn
Aviv.

Register here: www.tinyurl.com/tbeanx10-8



This event is sponsored by
Debra Adler-Klein
in memory of Matthew Klein, z'l



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350 Roxbury Road, Stamford, CT

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