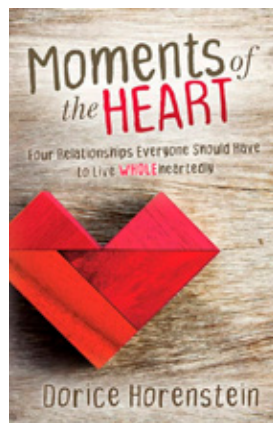


BOOK LOOK

MOMENTS of the HEART

By DR. WILLIAM R. CARMICHAEL



INTRODUCTION

Not since *Man's Search for Meaning* by Viktor Frankl, have I encountered a more positive and impactful book. *Moments of the Heart: Four Relationships Everyone Should Have to Live Wholeheartedly*, by Dorice Horenstein begins with her thought of making her sister smile and feel good about the future when she was diagnosed with stage 3 breast cancer in 2014. As she was fighting for her life in Israel, Horenstein wondered how to cheer her up living 10,000 miles away in Portland, Oregon. Horenstein decided to post positive Facebook video messages every Saturday night, all connected to Jewish thought based on her education and profession. Fast-forward several years and these experiences have been transformed so that others can grow and develop in their knowledge, and spirituality, and improve their relationship with others.

WHAT IS THE BOOK ABOUT?

Moments of the Heart is a thought-provoking and insightful book that takes readers into the world of Jewish thinking and experiences that have been accumulated over a long period and under all kinds of situations. Though based on Jewish values and insights, the book throws light on the universal human problems that everyone faces in life. This book is all about the heart; collective hearts and individual hearts, and the role of the heart in how life is viewed and how relationships are built. Please understand that as a Christian, I was at first nervous about providing any type of literary review but I felt challenged at the same time. What I found though, is a work of inspiration that will motivate readers of any faith. An encouragement to delve into their selves and strengthen their key relationships. To examine their deep and complex feelings.

To say that *Moments of the Heart* is a profoundly inspiring work is an understatement. Here, the author encourages readers to become the best version of themselves. To open their minds to the right thoughts and actions. The strategies and techniques Horenstein delivers are also a good way for readers to find their personal "Lev" or Heart Moment in all aspects of their lives. For example, after each chapter's entry, simple yet subtle questions are placed before the reader to elicit thoughtful consideration.

WHERE ARE YOU GOING?

The above header raises an interesting question yet provides a perfect example of someone's "Lev Moment." In Chapter/Chamber Two: Where Are You Going?, the author asks "What is a conscience?" Simply, "it is that inner voice or feeling telling us the direction of where we want to go, i.e., the difference between right and wrong." What at first appears remarkably simple, is surprisingly complex given the Hebrew vernacular. The intent, however, is one all readers will immediately understand and be able to apply.

Throughout, Horenstein weaves delicate Hebrew prose into life lessons and for one who does not understand Hebrew, this was initially frightening. But not for long. Here, the author's intent was easily recognized and welcomed. So too are the concepts, that apply to everyone, as are the personal anecdotes and stories the author shares which make it interesting and engaging for readers. Approachable and inviting to both secular readers and all walks of faith who wish to cultivate a deeper ethical awareness and spiritual connection, *Moments of the Heart* serves to encourage everyone to live fully and wholeheartedly—heart, mind, and soul.

STRUCTURE AND LAYOUT

At 170+ pages in length, readers will find it comparable to a favorite daily devotional. *Moments of the Heart* consists of four chapters that represent the four chambers of the heart as well as the four different types of relationships that everyone experiences.

| CHAMBER | TITLE & RELATIONSHIP | QUESTIONS FOR CONSIDERATION |
|---------|---|---|
| One | Relationship to Self | How do we take care of ourselves? How do we guard our spirit so we remain kind and grateful? |
| Two | Relationships with Others | How do you cultivate these relationships? Do we let technology interfere? |
| Three | Relationship with God | Do you believe there is a source of energy/influence/goodness that is beyond human interaction? |
| Four | Relationship with Israel and Jewish Life Events | Have you visited Israel? How does it feel to see and hear anti-Semitic behaviors or actions? |

The first chamber represents the relationship with self, the second chamber represents the relationship with others, the third chamber with God, and the fourth represents the events that define a person, like marriage, the birth of children, graduation, and other important events of life. Each chamber contains several entries introducing topics that stem from Jewish thought and practice that inspire readers to live their best lives, utilizing Hebrew knowledge, wisdom, and wordplay to dig deep, explore, and bring light to a concept.

CLOSING THOUGHTS

"This book is a beautiful balance between simplicity, wisdom, clarity, and joy. It touches the reader's heart with humor and dare I say, love," as the author's Rabbi attests. Aspects of mystical Judaism along with inviting questions provide moments of reflection that slowly take the reader on a journey inward. What readers will find is a very personal journey they take with the author as well as the self-reflection that comes with it.

I opened this review with a brief comparison to *Man's Search for Meaning* by Viktor Frankl. Not as an assessment of content but rather about the potential of the human spirit. Where Frankl's tenet as a Nazi concentration camp survivor asserted that each person is a unique and irreplaceable human being whose existence is characterized by freedom of choice, personal responsibility, and a human spirit. In *Moments of the Heart*, Horenstein's dramatic prose strikes a similar chord.

WHO WILL BENEFIT MOST FROM THIS BOOK?

Human Resource Professionals, Corporate Trainers, Management & Executives

About the author: Dorice Horenstein was born and raised in Israel and moved to Portland after serving in the Israel Defense Forces (IDF). She worked in education for more than 30 years, teaching more than 1,000 students in private and class settings. She received her Bachelor's degree in English Literature with a certificate in Linguistics from Portland State University.

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