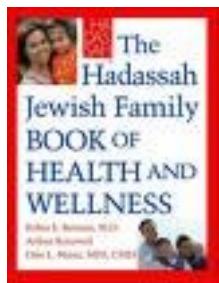


# The Haddassah Jewish Family Guide to Health and Wellness



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The Jewish people have special concerns, approaches, and attitudes about health and wellness, due in part to certain illnesses known as "Jewish genetic diseases," such as Tay-Sachs, Niemann-Pick, Gaucher, and others. Beyond these genetic diseases, however, the entire range of topics and issues related to health and wellness has long been of great interest to the religious and secular Jewish community. Jewish tradition has developed many special approaches to health and health-related issues, based on the hallowed traditions and precepts found in the Torah, its commentaries, and the vast literature written by rabbinic authorities throughout the centuries. Similarly Jewish secular culture has developed many special attitudes and approaches to the issues in this book regarding women's health, nutrition, raising children, caregiving, and other special issues. The Hadassah Jewish Family Book of Health and Wellness, written in collaboration with Hadassah: The Women's Zionist Organization of America, known throughout the world for its leadership as a major force in health research and education, provides a much-needed resource and guide to physical health and spiritual issues that are of concern to Jewish families.

作者介绍:

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