



# Surprisingly Happy: An Atypical Religious Memoir

*Sheila Weinberg*

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## **Surprisingly Happy: An Atypical Religious Memoir** Sheila Weinberg

Snapshots of Rabbi Weinberg's life, as told through poetry, prayers, and accounts of this Jewish Baby Boomer's experiences, offer clues about her search to find God, and carves a path for others to learn from her journey. It addresses her spiritual quests through yoga and meditation, and provides a candid look at her struggles with addiction, her philosophy of feminism, and her life as a wife, mother and grandmother. The book incorporates the author's eye witness accounts of many iconic events of her generation: the 1968 student protests at Columbia University; the challenges of the Peace Corps in Chile in the late 60s; the outbreak of the 1973 Yom Kippur War; the influence of Eastern practice on Western religion; the breakthrough of women into religious leadership; and the Feb. 15th, 2003 massive movement to stop the war in Iraq. Rabbi Weinberg also relates equally engaging anecdotes of less dramatic, yet impactful, rituals of everyday life: Senior prom, family, holidays, and a complex relationship with her mother.

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