

# 40 Days to Becoming Your Best: Jewish Pathways to Wholeness

## What is the goal of “40-days to becoming your best”?

The goal of this communal study is to better strengthen and balance our inner life and more effectively reach out caringly to others. The five weeks focus on the topics of body, heart, mind, spirit, and hand.

## What is does it mean to agree to host?

Inviting a friend or a group of friends for a conversation in your home (or mutually agreed meeting place) once a week for an hour for five weeks. Each host will receive a booklet with material to facilitate conversation, whether a traditional text or a youtube, along with suggested discussion questions. The host is empowered to use his or her judgment in what questions to focus on and how the discussion best proceeds for your group.

## Each participant will receive:

A free copy of *Increasing Wholeness* and a guidebook for your weekly reading.  
An emailed quote of the day for reflection.

## Having agreed to host, what do I do next?

We ask that you let us know and send to us the names and emails of your participants so that we can send them the quote of the day. We also encourage you to join our FacebookGroup page where people can share thoughts on the quotes and your weekly meetings.

Wishes to you of a good and sweet new year- a new year of becoming your best.  
-Elie