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## **How Can You Renew the Prayer Experience and Develop a Fresh Perspective?**

Have you lost faith in prayer? Do you wonder just who you are praying to and if it is worth the effort? Does your search for religious meaning take you anywhere but to synagogue and the traditional Jewish prayer book? If so, you're not alone.

“Better music, better sermons and better prayer books can only go so far.” writes Rabbi Mike Comins in **MAKING PRAYER REAL: Leading Jewish Spiritual Voices on Why Prayer Is Difficult and What to Do about It** (Jewish Lights / May / 2010 / Quality Paperback Original/ \$18.99). “But deep and lasting change will only come when each of us takes ownership and responsibility for what only we can really guide—our inner lives.”

This is a no-holds-barred look at why so many of us find synagogue services and prayer at best difficult, and at worst, meaningless and boring—and how to make it more satisfying. Rabbi Mike Comins draws from over fifty interviews with Jewish spiritual leaders from all denominations, as well as from their “best prayer practices.” He offers a new and different response to the challenges of prayer to entice and inspire you to become a “prayer person,” a person who engages in prayer to play the heart strings of the soul.

Join in this candid conversation about the *why* and *how* of prayer: how prayer changes us and how to discern a response from God. In this fascinating forum share in the challenges of prayer, what it means to pray, how to develop your own personal prayer voice, and how to rediscover meaning and God's presence in the traditional Jewish prayer book.

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**Rabbi Mike Comins**, the founder of *TorahTrek* Spiritual Wilderness Adventures ([www.TorahTrek.com](http://www.TorahTrek.com)) and the Institute for Jewish Wilderness Spirituality ([www.ijws-online.org](http://www.ijws-online.org)), is the author of *A Wild Faith: Jewish Ways into Wilderness, Wilderness Ways into Judaism* (Jewish Lights). He lives, teaches and writes in Los Angeles, and serves as a scholar-in-residence for schools and synagogues around the world.

### **MAKING PRAYER REAL**

**Leading Jewish Spiritual Voices on Why Prayer Is Difficult and What to Do about It**

*By Rabbi Mike Comins*

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# Contributors to **MAKING PRAYER REAL**

**Leading Jewish Spiritual Voices on Why Prayer Is Difficult and  
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**MAKING PRAYER REAL: Leading Jewish Spiritual Voices on Why Prayer Is Difficult and What to Do about It** (Jewish Lights / May / 2010 / Quality Paperback Original, ISBN 978-1-58023-417-7 / \$18.99) is available from Barnes & Noble, Borders, Books-a-Million, Indigo/Chapters, Waldenbooks, B. Dalton, amazon.com, barnesandnoble.com, and many other booksellers, or directly from Jewish Lights Publishing, P.O. Box 237, Woodstock, VT 05091; Tel: (802) 457-4000; Fax: (802) 457-4004; www.jewishlights.com. For credit card orders, call (800) 962-4544. Add \$3.95 shipping and handling for the first book, \$2.50 for each additional book.