

Rebbetzin Feige on Rosh Hashana:

Unlocking the incredible gifts of teshuva with joy and balance



*Three part video series
with accompanying teshuva exercises,
visualizations and
meditations*

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- forgiving yourself and others
- women and prayer
- easing the path to teshuva
- finding a healthy balance between joy and fear in our relationship with Hashem
- practical small steps to take in this time period.

Rebbetzin Feige Twerski of Milwaukee, Wisconsin has devoted her life to Jewish education and Outreach, giving lectures worldwide on a myriad of Judaic subjects. She is a mother of 11 children, and many grandchildren whose number she refuses to divulge. She serves as the Rebbetzin along side her husband, Rabbi Michel Twerski, of Congregation Beth Jehudah of Milwaukee.

Her articles have appeared worldwide and a selection of them has been compiled into her books, *Ask Rebbetzin Feige*, "a popular and insightful counselor deals with real-life situations", published in 2006, *Rebbetzin Feige Responds* published in 2012 by Artscroll Publishers, and most recently *The New Normal*, published in 2016 by Mosaica Press.



Questions: please email rebbetzintwerski@gmail.com or call [\(414\) 573-1566](tel:4145731566)