



# Why Me God: A Jewish Guide for Coping and Suffering

*Lisa Aiken*

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## **Why Me God: A Jewish Guide for Coping and Suffering** Lisa Aiken

*Why Me, God?* is the first English-language book that melds traditional Jewish perspectives about suffering with practical suggestions for coping. Chapter by chapter, this book provides real strategies to deal with all manner of suffering from loneliness, to suicide, to terminal illness, and everything in between, each chapter is full of useful information including listings of further reading and resource guides. It is an essential volume for those dealing with tragedy in their lives.



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