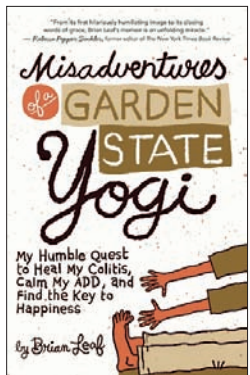


New Books Focus on Health Awareness

JESSICA CHMARA
Jewish Journal Staff

October is health literacy month. It is a time to raise awareness, improve health understanding and become a “health literacy hero.” So it is only fitting that the Journal share with readers two newly-published books on the topic of health. Our mind, body and soul certainly play an integral role in our well-being.



Misadventures of a Garden State Yogi
Brian Leaf
New World Library, 2012

This hilarious and heart-felt memoir takes readers on a spiraling journey of self-transformation, and ultimately on a path to healing.

In 1988, at the age of 16 and weighing only 142 pounds, 6’2” Brian Leaf’s body was a mess. After numerous colonoscopies, a gastroenterologist diagnosed this straight A student, champion debater and president of the Spanish club with ulcerative colitis.

After 10 months taking all sorts of meds, he started his freshman year at Georgetown

University. The business major was stressing out when he accidentally stumbled upon an elective for yoga. He enrolled and found himself the only male in an all-female class. It was 1989 — not a time when it was cool for men to be in touch with their sensitive and emotional sides.

Yoga class began with the prayer of St. Francis — something a Jewish boy from New Jersey was not accustomed to. But after 40 minutes of breathing exercises and manipulating his body in more ways than he could ever imagine, Leaf felt more relaxed and at ease than he could ever remember.

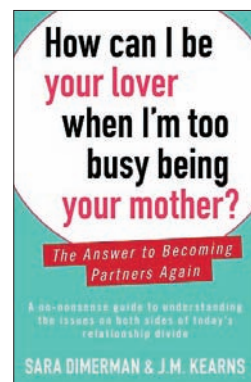
From that moment forward, yoga took him on a quest to heal his colitis, calm his ADD, and most importantly, find the key to happiness in his life.

Leaf shares his life experiences in such a witty and charming manner, capturing reader’s attention from page one as he recounts his funny and adventurous path to enlightenment and true bliss.

BOOK BYTES

After more than 20 years in private practice counseling couples in troubled relationships, an emerging pattern appeared to co-author Sara Dimerman — a theme she has since labeled “you’re not his wife anymore, you’re his mother.”

She decided to write a book, with the help of a male. She chose J.M. Kearns, who had edited one of her previ-



How Can I Be Your Lover When I'm Too Busy Being Your Mother?
Sara Dimerman & J.M. Kearns
Touchstone, 2012

The authors believe the key to breaking this cycle is clearing the air emotionally, making a wish list, exiting the mother role and becoming a lover again.

The authors’ no-nonsense approach is a practical guide for couples to follow. It is filled with case studies and in-depth research, and full of real-life solutions. They hope their collaborative effort will help couples break free of a toxic chain.

ous books and was also a relationship expert author.

The authors believe that most couples in this predicament started out as equal partners, filled with respect and admiration for each other.

The cycle starts when the woman takes on the jobs of cleaning lady, cook, manager and child-rearer. This leads to toxic behaviors, relationship repercussions and sexual coolness between the couple.

They believe the mother syndrome can strike whether you’re married or living together, with children or no children. They compare the syndrome to an ugly weed that keeps growing and hanging on.

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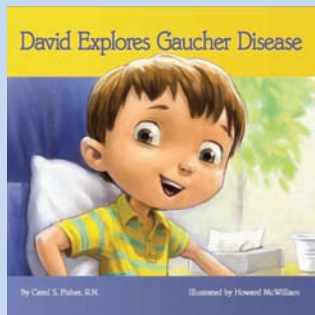
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Learn More About Gaucher Disease



BOSTON — October is Gaucher Disease Awareness Month. Gaucher disease is a rare genetic disorder that causes the accumulation of fatty substance in specific cells and organs in the body. This leads to symptoms including anemia, bone pain and enlarged liver and spleen.

The disease is especially prevalent within the Ashkenazi Jewish population, with a 1 in 855 incidence rate, and an estimated carrier frequency of 1 in 15. It affects men and women equally.

On Saturday, October 20, Carol Fisher, a nurse who works with Gaucher disease patients at NYU Langone School of Medicine, will read from her children’s book, “David Explores Gaucher Disease,” at the Boston Public Library.

Fisher wrote the book, with the support of Shire HGT, as a resource for families managing type 1 Gaucher disease.

Named for French physician Philippe Charles Ernest Gaucher, who described the disease in 1882, Gaucher (go-SHAY) disease is a rare inherited condition. It is diagnosed via a blood test.

Type 1 is the most common form of the disease, accounting for about 95% of people with Gaucher disease. Individuals who are affected can show symptoms at any age.

Genetic counseling is available and recommended for those who have a family history of Gaucher disease, or are found to be carriers of Gaucher disease.

For more information, visit www.gaucherdisease.org.