

Patient: Taking Tefillah, Emunah, and Humor on a Journey to Healing: Book Review

By BJLife/Sharon Altshul
Posted on 10/22/20

Jerusalem, Israel - Oct. 22, 2020 - Before the corona pandemic, there was another "C" word which affected world health and killed millions.

Cancer was spoken of in whispers or hints, and often the illness was kept quiet in the immediate family or in the circle of the patient's very close friends.

Rabbi Jonathan Sacks recently announced that he is being treated for cancer, an example of how the situation is changing.

Ann Goldberg has been a writer for over 40 years with work published in a long list of international publications including *Writer's Digest*, *Jewish Chronicle*, *The Jerusalem Post*, *Ami*, *Binah*, *Mishpacha*, *Hamodia*, *OU.org*, *Chabad.org*. and *Aish.com*. She has taken her journey from a diagnosis of colon cancer through successful treatment to compile a memoir intended to help others.

Her practical list of do's and don'ts when a friend or loved one is sick is important to know and remember.

When Ann Goldberg told her editor and good friend Rhona Lewis that all the tears, laughter, words and essays of the past year and a half were morphed into a book, the response was "I could finally say the C word. Goodbye to colon cancer. Hodu laHashem ki tov!"

During the *Yomim Nora'im* unable to go to shul recuperating from a surgery, Ann had time to read Rabbi Sacks commentaries in the Rosh Hashanah *machzor*. She quotes "life may be hard but

it can still be sweet...Jews never needed wealth to be rich nor power to be strong. To be a Jew is to live for simple things...the gift of community where we help others and others help us and where we learn that joy is doubled and grief is halved by being shared. To be a Jew is to give whether in the form of *tzedakah* or *gemilus chassadim*."

A significant number of the sixty chapters conclude with 'Tefillah Topics' and 'Medical Matters', I would have liked an index to easily access the inspirational and useful information provided throughout the text told in a straight forward and honest manner.

"I have been greatly moved by the messages I have received from people about the *chizuk* the book has given them and also the laughs. I am so grateful to Hashem that my book is a source of both comfort and inspiration to people going through medical challenges," Goldberg told *BJL*.

On a lighter note, Ann mentioned several people have invited her out for iced-coffee. When this corona is over I also hope to be able to meet her, for an iced-coffee get-together. (if you read the book you will understand.)

Refuah shelama to all.

Publisher: Tfutza Publications ISBN: 978-1-60091-795-0

Hardcover 264 pages \$23.95 US, 89/90 shekel

ANN GOLDBERG

Patient

Taking *Tefillah*, *Emunah*, and Humor
on a Journey to Healing

