



Dear Friends,

This past Sunday night, professor, writer, and positive psychologist Tal Ben-Shahar spoke on behalf of the Sacks-Herenstein Center. In his talk, "Finding Joy in Times of Crisis," he spoke of antifragility and the five component elements of flourishing; our well-being depends on our spiritual, physical, intellectual, relational, and emotional good health. These are profoundly integrated in those who are thriving but in shorter supply in times of crisis, when resilience must do its heaviest lifting. Professor Ben-Shahar demonstrated how each of these arenas was central to the thinking and writing of Rabbi Sacks. He also related them to the current war in Israel. To watch his talk, please click on [this link](#).

The lecture was part of the launch of our new book, [*Ode to Joy: Happiness in the Thinking of Rabbi Lord Jonathan Sacks*](#) (20% off Discount code: YTY9B7afrAJKRp) that contains 45 essays covering happiness in Biblical and rabbinic texts, Jewish philosophy, the arts, education, law, and mysticism. In each essay, the contributors discuss Rabbi Sacks' teachings, his influence on them as writers and thinkers, or their own personal relationship with him. Professor Ben-Shahar and Rabbi Sacks' daughter Gila each wrote forwards to the book. Monday night, at Yeshiva University's annual Seforim Sale, we heard from Rabbi J.J. Schacter, Dr. Shaina Trapedo, and Dr. Liel Leibovitz, who discussed their respective essays and how they are finding solace in difficult times.

Today, day #126 of the war, with the terrible news of dozens of hostage deaths, it is harder to find joy. Some may argue that we should not even try. But, as Jews who have faced millennia of hate and persecution, we have adapted to the wide range of life's emotions. In Rabbi Sacks' own words, "...joy is not conditional on things going well... It says, yes, life is sometimes unfair and the world unjust, but the very brevity of life makes each moment precious."

Shabbat Shalom,
Erica

Dr. Erica Brown
Vice Provost, Rabbi Sacks-Herenstein Center for Values and Leadership