

Booklist

Advanced Review – Uncorrected Proof

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The Shabbat Effect: Jewish Wisdom for Growth and Transformation.

By Alan Morinis

Jan. 2026. 192p. Bloomsbury Academic, \$30 (9798881807870); e-book (9798881807887).
296.72

Responsible for the resurgence of the Mussar movement, driven by the impulse to improve and reach one's potential, Morinis (*With Heart in Mind*, 2014) zeroes in on what the Sabbath really means and what it is meant to accomplish. No matter what religion, Morinis promotes the Sabbath day as 24 hours of rest, with time to develop singular traits, describing eight of those traits here, from awareness to holiness, joy to trust. He expands each one with definitions, stories, words of wisdom from Talmudic as well as modern sages (e.g., Herman Wouk), leading to a list of questions to ask oneself. A few of Morinis' ahas: happiness gratifies the ego, joy transcends, and awareness is more than vigilance—it connotes a radiant mind. For all rumination, he firmly advocates journaling regularly, whether by hand or electronically. The *Shabbat Effect* is a tome to be read slowly and remembered.

— Barbara Jacobs