



# Restful Reflections: Nighttime Inspiration to Calm the Soul, Based on Jewish Wisdom

*Rabbi Kerry M. Olitzky*

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At day's end, quiet your mind and unburden your heart.

These peaceful reflections offer wisdom to "sleep on." For each night of the year, an inspiring quote from a Jewish source and a personal reflection on it from an insightful spiritual leader help you to focus on your spiritual life and the lessons your day has offered.

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