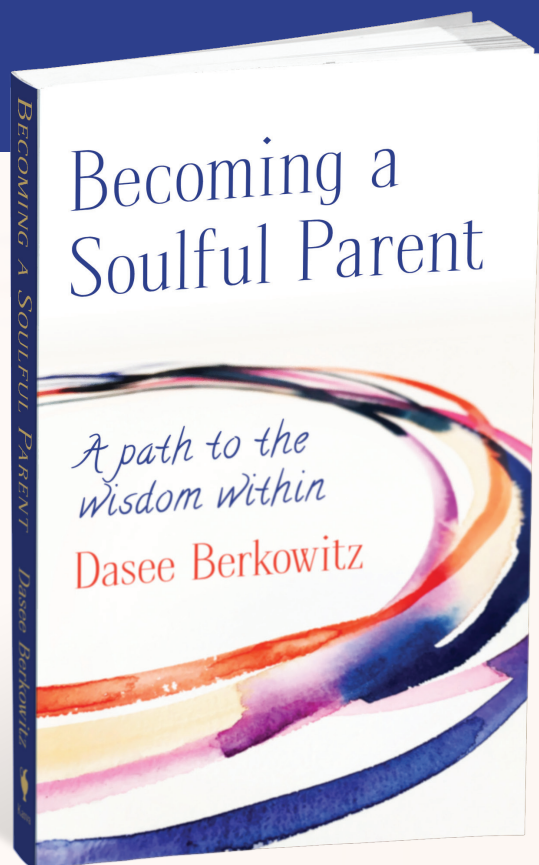




Becoming a Soulful Parent

Dasee Berkowitz



A path to the wisdom within

Combining insights from thousands of years of traditional Jewish wisdom and contemporary literature on spirituality with her own utterly relatable first-person storytelling, author Dasee Berkowitz helps readers embrace every moment with their families while leaning into the challenges of parenting with renewed perspective and enthusiasm.

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This is not a parenting how-to book. It does not offer the usual advice or add to the to-do lists of busy parents. Instead, *Becoming a Soulful Parent* asks questions to help readers explore the contours of their inner life, developing their internal compass as they lead their families with love and wisdom.

Becoming a Soulful Parent covers inter-generational relationships, co-parenting, parenting during a pandemic, and a host of other topics to help parents strengthen “muscles” that will be essential for both parents and children throughout their lives — muscles like love, listening, empathy, and curiosity.

Dasee Berkowitz is a Jewish educator, facilitator and founder of Ayeka’s “Becoming a Soulful Parent” program. Her writing has appeared in Kveller.com, Haaretz, The Forward, Jewish Telegraph Agency, Times of Israel and other publications. Dasee lives in Jerusalem, Israel with her husband and three children.



“Becoming a Soulful Parent is a beautiful, powerful, hands-on guide to parenting with a spiritual lens with more intentionality, more presence, and with more wholeness. It is a wonderful companion in these difficult times.”

— Rabbi Danya Ruttenberg, author of *Nurture the Wow*

Dasee Berkowitz

Dasee Berkowitz is a sought-after educator and facilitator and founder of Ayeka's Becoming a Soulful Parent program. Her groundbreaking approach to education has been enthusiastically received by scores of Jewish community centers and synagogues since the program launched in 2015. Dasee has lectured internationally, served as Scholar-in-Residence for Jewish federations, and trained facilitators at educational agencies across North America.

Dasee's work in creating meaningful pathways to parenthood builds on years of experience in facilitating workshops and listening closely to the needs of parents and educators. She holds a Masters in Informal Jewish Education from Hebrew University and a BA from Barnard College, Columbia University where she graduated Magna Cum Laude. She has studied at the Pardes Institute for Jewish Studies and the Conservative Yeshiva — two experiences that helped her cultivate a unique pedagogical approach rooted in the wisdom of the Jewish tradition.

Dasee was one of the original bloggers for the online Jewish parenting resource Kveller.com, and she has guest-written for the popular parenting lifestyle blog, "Cup of Jo". She is a frequent contributor to *Haaretz*, *The Forward*, *Jewish Telegraph Agency*, *Times of Israel* and other publications with articles on parenting as a spiritual practice and making family life meaningful during Jewish holidays. Dasee's writing is featured in the award-winning book on motherhood, *Purple Leaves, Red Cherries: A Gift for Mothers with Short Stories, Journal & Toolkit*. Her podcast, "Inspired Parenting", a joint project by Ayeka and the Pardes Institute of Jewish Studies, debuted in Fall 2018.

Dasee lives in Jerusalem with her husband and three children. ■



Praise for *Becoming a Soulful Parent*

“This book is a priceless, life-saving gift to every family at any time, but especially during days of challenge. You will find the best of yourself within its pages, guaranteed to spill over into your home and into the hearts of all those you love.

— Lori Palatnik, Author, International Speaker, and Founding Director of Momentum

Dasee Berkowitz illuminates new pathways not only into our souls, but into viewing the world, relationships and Jewish wisdom. She will support you and your ability to listen to your own voice and escort you to a time when the “real you shows up.” With insightful questions she invites us to become more expansive to new images, insights and discoveries about ourselves and our roles as parents and family members that will bring a refreshingly new answer to the question *Ayeka?*, Where are you?

— Mark Horowitz, Vice President JCC Association North America

Becoming a Soulful Parent is an open and non-judgmental window into the deepest truths that lie within the parenting landscape. Dasee Berkowitz’s non-prescriptive approach embraces the creativity and resilience that is at the core of each family.

— Karina Zilberman, artist, educator, facilitator, and founder of the Shababa Approach to multigenerational Jewish experience.

Dasee Berkowitz helps us anchor (and calm) our roiling anxieties about the state of the world, while giving us the tools to shepherd our families through more personal, challenging terrain. With sensitivity, candor and humor, she guides us in how to strengthen our relationships through love, listening, empathy, curiosity and connection, while acknowledging how normal it is to feel like we’re getting it wrong. *Becoming a Soulful Parent* is a perfect staple for every parent’s bedside table.

— Abigail Pogrebin, author of *My Jewish Year: 18 Holidays, One Wondering Jew*

Becoming a Soulful Parent is an invitation to parents to explore our most important relationships, to get to know our kids and partners — and ourselves — better, and to grow in our becoming as families. Grounded in Judaic wisdom, but relevant to parents of all faith traditions, this book tackles such topics as sibling rivalry, marriage and coparenting, and nurturing relationships with grandparents. It’s a guide for everyday parenting struggles and for parenting in a pandemic. The workbook prompts will help you go deeper in the best way. Make this your new nightly read — bring a pen or your phone to take notes and tell the family you’re busy becoming better.

— Ellen O’Donnell, PhD, co-author of *Bless This Mess: A Modern Guide to Faith and Parenting in a Chaotic World*

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