



JEWISH HEALING CENTER OF LOS ANGELES

# *Every Breath*

Friends,

It's our pleasure to bring you the August 2014 edition of "Every Breath," the monthly newsletter from the Jewish Healing Center of Los Angeles.

"Every Breath" is an opportunity to share moments of meaning, through news, personal stories, the arts, and other media that can inspire our healing as individuals, and as a community. We hope you will enjoy learning, laughing, crying, wondering, and celebrating these moments with us each month.

We encourage you to also like us on [Facebook](#) and follow us on [Twitter](#) for more opportunities to connect.

B'Shalom,

Rabbi Carla Howard and the JHCLA Team

## HEALING ON HOLIDAYS

### Thoughts for Tisha B'Av

By JHCLA Founder and Executive Director Rabbi Carla Howard



<http://tinyurl.com/jhcla9Av>

## HEALING THE MIND, BODY, AND SPIRIT

### My Stroke of Insight

A moving TED Talk by Jill Bolte Taylor



<http://tinyurl.com/172bp8z>

## HEALING WITH HUMOR

### Laughter Really Is The Best Medicine

From The Huffington Post



<http://tinyurl.com/qxq868x>

**HEALING, HEALTHCARE, AND HOSPICE**  
**Advanced Directives, Living Wills and More**  
From The Jewish Journal



<http://tinyurl.com/o4x54lg>

**HEALING EVERYDAY**  
**A Song for Healing: "Refa Na La (Heal Her)"**  
By The Wellspring



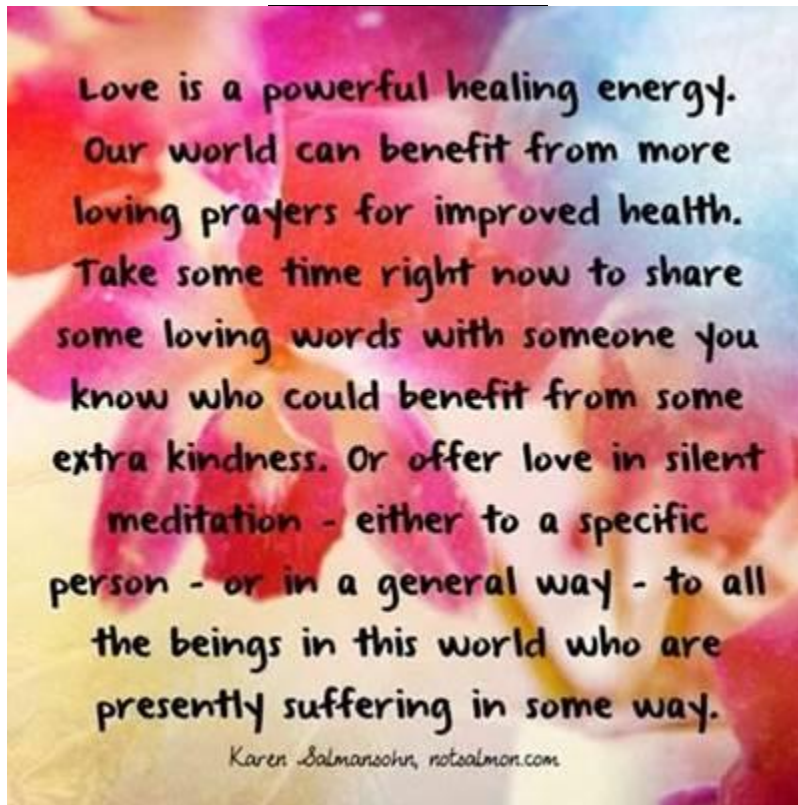
<http://tinyurl.com/n7b88f2>

**HEALING AS WE GRIEVE**  
**6 Ways That Adolescent Grief Is Different**  
From The Huffington Post



<http://tinyurl.com/knyaaes>

## HEALING EVERYDAY



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