

THE  
SHABBAT  
EFFECTJEWISH WISDOM  
FOR GROWTH AND  
TRANSFORMATION

ALAN MORINIS

# *The Shabbat Effect:*

## *Jewish Wisdom for Growth and Transformation*

By Alan Morinis

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### *What if one day of rest could transform your entire life?*

One of the most important biblical mandates, so significant that it numbers among the Ten Commandments, is the directive to observe a weekly day of rest. *The Shabbat Effect* illuminates how the practice of a day set aside for rest brings about a deep, lasting, and pervasive transformation of character, not just on the seventh day but every day.

Rooted in the 1,100-year-old Jewish tradition of Mussar and enriched with contemporary sources, this user-friendly guide explores eight essential inner traits that can be transformed through a Shabbat practice and offers a radical and moving exploration of how this practice can enhance and refine core traits of character. Readers will find that it contributes immeasurably to their enjoyment of life, as well as a meaningful path toward fulfilling their highest potential.

**Alan Morinis** received his doctorate from Oxford University where he went on a Rhodes Scholarship. He is one of the leading lights in the revival of the Jewish spiritual tradition of Mussar and is the author of *Climbing Jacob's Ladder* (2002), *Everyday Holiness* (2007) and *With Heart in Mind* (2014). He is the founder of The Mussar Institute and a student of Rabbi Yechiel Yitzchok Perr, zt"l. Alan will be on tour in early 2026. For more information, visit [www.mussarinstitute.org](https://www.mussarinstitute.org), or email [shabbateffect@mussarinstitute.org](mailto:shabbateffect@mussarinstitute.org).

