

# The Book Shelf

**Title:** *Write Your Way Home*  
**Author:** Yocheved Rottenberg  
**Reviewed by** Ariella Schiller

Reading *Write Your Way Home* was like confiding in my best friend, crying to my mother, laughing with my sisters, and talking things over with a favorite teacher all wrapped into one gorgeously laid out, clear, and concise package.

Yocheved Rottenberg's *Write Your Way Home* deserves to be savored like Swiss chocolate, but I devoured it. In times of uncertainty and fear, it's proven to be a steady guide and a reassuring presence sitting comfortably on my nightstand.

Beginning with her stirring poem, all the way to the conclusion, reading this book was the most relaxing part of my day these past few weeks. It maximized "me time" by catering to both the physical and emotional.

For those of you allergic to self-help books, this isn't one of them. Rather Yocheved, along with Chaya Hinda Allen's beautifully clear introductions, takes

you by the hand and shows you your deepest desire: your best self. The self that you deserve to be and the life that you deserve to live.

No writing experience is necessary, just a small slot of time at some point during your day, a pencil or pen, sometimes colored markers to brighten things up, and an open mind as Yocheved challenges you with eye-opening writing exercises. They are all simple in execution, but delve deep inside, asking you to be open with yourself and honest with your journey.

You'll learn about Journal to The Self Techniques, based on the teachings of Kathleen Adams, and how to incorporate these wonderfully concise assignments into your daily routine. It will arm you with an arsenal of tools, the Alpha Poem, the Clusters, the lists of 100. These will be your go-tos, your friends, your diaries.

The book's chapters span topics like resilience, vulnerability, love, panic, fear, loneliness... all the emotions we ride in a day, all the feelings we push down, all the buried grudges and resentments... Yocheved shows us how we can utilize it all, how we can take all that we were given, all that we've endured, and build something beautiful out of it.

Rav Yisrael Salanter is quoted in its pages saying "a man can live until 70 years and still not know himself." Frighteningly true, this book guides you to self-knowledge, awareness, love, and acceptance.

Timed exercises, inspirational quotes, honest reflection, and refreshing honesty fill its pages, and you are meant to fill the rest.

So don't hold back. Dive in. And allow Yocheved to show you how to finally and at long last, write your way home.

