

**CELEBRATING LIFE: FINDING HAPPINESS  
IN UNEXPECTED PLACES**

10 Downing Street lunch 17–19

Abel 99

abortion 113

Abraham 99, 102, 177

achievement 115–16, 171–2

Adam 98, 99

addiction 185

advances in society, speed of 171–2

age of anxiety 1

age of incorrigibility 183

aggression 139, 140

alcohol abuse 172

Allen, Woody 1, 126

altruism 61, 139, 140

American Declaration of Independence 1

anthropology 59

anti-Semitism 155

anxiety 1, 11, 186

Aristotle 50

Arnold, Matthew 56

art 191

aspiration 182, 183

assimilation 155

association, art of 143

Attenborough, Lord Richard 105–6

Auguries of Innocence 19

Auschwitz 43–4, 174–5, 176

Axelrod, Robert 139

Baal, meanings 90–1

Baal prophets 73, 74

bad news 20–1

Bayley, John 164

Bellah, Robert 179

belonging 54, 131, 145, 146

Benigni, Roberto 4

Bentham, Jeremy 50

ben Zoma, Rabbi 42, 44

bereavement 63–4

Berger, Peter 38

Berlin, Sir Isaiah 163, 164

Bet Midrash 76–7

Bevis Marks Synagogue 166

the Bible 99–100, 109–10, 115, 154

and ethics of speech 127

Hosea, book of 90

and linear time 177–8

and memory 117

and rights 129

on the Tabernae 82–3

Birmingham Six 166

Blake, William 19

blasphemy 119

blessings 18–19, 34

blood libels 157

blood pressure 11

Bohr, Niels 43, 68, 155

bowling alone 141

bread, *mezzonot* 18

*Britain on the Couch* (James) 14

Buber, Martin 167

Burke, Edmund 116

Cahill, Thomas 177

Cain 99

cancer 96–7

canopy, bridal 145

capitalism 14–15

Carter, Stephen L. 124–5

catastrophe, natural 177

Catholics 165

*C: Because Cowards get Cancer Too* (Diamond) 96–7

change 57–8, 59, 182–3, 184, 185, 186

charity 130

Charles, Prince 159

*chesed* 125

Chesterton, G. K. 101, 190

childcare 93

childhood 92, 94

children 93–4, 99, 100, 102, 104, 114, 172

and emotional intelligence 95

escaping from Nazi Europe 105–6

giving them strength to believe in themselves 161

of God 103

and marriage 98

and parents 63

and stammering 184–5

teaching moral wisdom to 120–1

Christianity 56, 166

Churchill, Winston 157

civility 117, 125

*Civility* (Carter) 124–5

civil society 125

cognitive approaches 30

cognitive therapy 16

collective interest 138

collective wellbeing 143

common good 139, 143

communities 135–7, 139–40, 141–3, 144–6, 153, 182

of faith 53–5, 60–1, 137

- virtual 187
- compassion 115
- competition 54, 55
- complaining 29, 31, 33–4
- concentration camp survivors 175
- confidences 126, 127
- conflict 54, 61, 116, 178–9
- conflict resolution 116, 118
- congregations 142–3
  - see also* houses of worship
- consciousness 67, 68
- consumption growth 179
- conversation 78
- co-operation 55, 139, 140
- corruption 21
- countercultural force 190, 192
- courage 189
- covenantal relationship 89, 102
- creation 33, 103, 109, 110–11
- creativity 33, 44, 81
- ‘Credo’ columns, *The Times* 40
- crime 140, 172
- critical intelligence 80
- criticism 30
- Cromwell, Oliver 157
- crudity 119
- Crusades 156
- culture 50, 60
  
- Dalai Lama 167
- Darwin, Charles 138
- death 96, 97
- debt relief 166
- Demography* 10
- depression 2, 3, 11, 14, 30, 172
- desires, instant satisfaction of 172
- Diamond, John 96–7
- difference 117, 118, 154–5, 183
- dignity 58, 60, 180, 183
- discretion 127
- Divine love 149
- Divine providence 36
- divorce 93, 172
- doctorate 87
- Downing Street lunch 17–19
- drowning, rescue from 8
- drugs 3, 123, 172
- duties 129
- duty-based culture 129, 131
  
- Ecclesiastes 12, 48
- economics 53, 54, 59, 191
- ecosystem 93
  
- Elijah 73–4
- Emile* (Rousseau) 181
- emotion 117
- emotional intelligence 95, 101
- emunah* 88–9, 191
  - see also* faith
- England
  - hurricane, 1987 185–6
  - and religious toleration 157
- the Enlightenment 179, 180
- environment 179
- equity 116
- Esau 99
- ethics 172–3
  - of speech 127
- Eve 98, 99
- evil 21–2
- exploitation 61
  
- failure 32–4
- fairness 116
- faith 4, 59–61, 62–3, 190–1
  - and asking questions 80
  - communities of 53–5, 60–1, 137
  - and facing the future 89
  - and friendship with other faiths 162, 165
  - and how we live 12–11
  - and life expectancy 10–11
  - loss of 56–8
  - in the personal 68
  - and silence 77
  - sustained discipline of meditation on the mirae of being 9
  - teaches to us see what exists, not merely what catches our attention 21
  - and uncertainty 83, 189
  - valuing other 159–60
  - see also* religion
- faithfulness 92
- families 93–5, 99–100, 106, 181
  - breakdown of 21
  - celebrating the Sabbath together 23–4
  - helping to cure defects 184–5
  - and trust 182
- fatherhood 94, 95
- fathers 105
  - Jonathan Sacks’s 62–4
- fear 185, 186
- Ferris, Timothy 80–1
- Feuerbach, Ludwig 83
- fidelity 115
- forgiveness 63–4, 139
- Frankl, Viktor 43–4

- freedom 44, 111, 115, 178
    - the art of association 143
    - and religion 57, 72
  - French Revolution 181
  - friends, and strangers 144, 146, 167
  - friendship 54, 114, 161, 162, 165
  - Fukuyama, Francis 1, 153
  - fundamentalist 80
  - funerals 50–1
  - the future 87–8, 116, 118, 188
    - and faith 89
    - and God 189
    - and moral principles 182
  - games theory 138
  - Genesis 91, 99, 100, 109
  - The Gifts of the Jew* (Cahill) 177
  - giving 55
  - global communication 172, 187
  - glue 32
  - God 70, 157–8
    - always with us 89, 189
    - and asking questions 79, 81
    - and Cardinal Hume 167
    - covenantal relationship with 89, 102
    - and creation 110–11
    - and critical intelligence 80
    - and Elijah 73–4
    - and his children 103
    - and Hosea 90
    - image of 59, 60, 72, 100, 117, 125, 129, 155
    - is a person 102, 148–9, 192
    - and listening 74–5, 76
    - lives on earth 154
    - loss of 56
    - and marriage 91
    - objective reality of the personal 191
    - as parent 104, 162
    - in the personal 68, 69
    - and silence 78
    - speaking to 61
    - and *Sukkot* 189
    - voice of 64
    - and wars 153
    - and where he lives 82, 83, 84
  - good news 20, 22
    - file of 30–1
  - gossip 126–7
  - government 53, 57
  - grace 180
  - grace before meals 17–19
  - grapes 19
  - The Great Disruption* (Fukuyama) 1
  - The Guide for the Perplexed* (Maimonides) 33
  - Guildford Four 166
  - Halevi, Judah 102
  - happiness 3–4, 98
    - definitions 50
    - elusiveness of 1–2, 12
    - from marriage and houses of worship 11
    - needs tranquility 25
    - and the personal 192
    - and sharing 49
    - and values 51–2
  - Hassidism 82, 83
  - having it all 47, 123
  - Hawking, Stephen 103
  - Hayyim of Sens, Rabbi 156
  - headlines, see life as 41
  - health 10–11
  - Hebrew Bible *see* the Bible
  - Heller, Joseph 178
  - hermeneutic of suspicion 61
  - Herzog, Chaim 17
  - Heschel, A. J. 82
  - Holocaust 4, 165, 175, 179
  - honesty 115
  - honour 127
  - hope 22, 71, 173, 180
    - and Holocaust survivors 175
    - and time 177, 178
  - Hosea, book of 90–1, 92
  - houses of worship 10–11, 53–4, 144–6
  - hubris 71
  - The Human Body* 67
  - humanity 110, 117
  - human nature 3
  - human rights 129
  - Hume, Cardinal 165–7
  - Hume, David 117, 182
  - humility 165
  - humour 38, 39
  - hurricane, Southeast England, 1987 185–6
  - ‘I,’ use of 48, 61
  - ideals 63, 64
  - identity 153
  - Ignatieff, Michael 163
  - immortality 64
  - immune systems 11
  - impartiality 116
  - impersonal theories 60–1
  - impersonal world 191, 192
  - incivility 119, 140
  - incorrigibility, age of 183
-

- indiscretion 126
- industry 116
- Inge, Dean 136
- insecurity 95, 189
- institutions, need to value 164
- intelligence
  - critical 80
  - emotional 95, 101
- Isaac 99
- Isaiah 83, 103
- Ish* 91
- Ishmael 99
- Islam 56
- Israeli Cabinet 18
- Israel Museum 148
- Italy 7–8
  
- Jacob 99
- James, Oliver 14
- Jewish Sabbath 23–4
- Jews
  - and difference 154–5
  - reconciliation and friendship with Catholics 165
  - and *Sukkot* 188–9
- Job, book of 79
- jokes 38, 39
- Joseph 43
- joy 3
- Judaism
  - communal faith 136
  - encourages asking questions 80
  - and ethics of speech 127
  - and holy words 191
  - religion of questions 79
  - talkative faith 77
  - and *tzedakah* 130
  - worships God in particularistic way 154
- justice 116, 130, 166
- justified criticism 30
  
- Kant, Immanuel 59, 117
- Kierkegaard, Søren 82
- Kindertransport 105
- kindness, acts of 125
- King, Martin Luther 167
- knowledge, acquisition 57
- known, need to be 147–9
- Kohelet 47, 48
  
- Landor, Walter Savage 136
- language, use of 191
- Larkin, Philip 166–7
- laughter 38, 39
  
- lawbreaking 21
  - see also* crime
- Lawson, Nigella 96–7
- learning 40, 54
- learning animals 60
- Levasseur, Thérèse 181
- Levi Yitzhak, Rabbi 23, 25
- Lewis, C. S. 3, 38–9
- Lewis, Martyn 20
- life, sanctity of 166
- life expectancy 10–11, 137
- Life is Beautiful* 4
- limits, understanding 60
- linear time 177, 179–80
- listening 74–5, 76, 77–8
- living well, living long 12
- Locke, John 157
- loneliness 61, 92, 191, 192
- loss 63–4
- love 54, 55, 92, 95, 98, 115, 162
  - Divine 149
  - and faith 89
  - and families 95, 100, 106
  - and impersonal theories 61
  - and loyalty 91
  - and marriage 164
  - and pain 101
  - between parents and children 63, 104
- loyalty 91, 123
- Lubavitcher Rebbe 47–8
  
- Maccabi youth clubs' sports competition 35–6
- Maimonides, Moses 33, 136
- Major, John 17, 18, 19
- males, and parenthood 94–5
- Malinowski, Bronislaw 77–8
- the market 2, 53, 55, 59, 182
- marriage 21, 87, 88, 92, 94–5
  - and Baal 90, 91
  - and covenantal relationship 89
  - destabilizing 93
  - and happiness 11
  - and love 164
  - one of the most majestic achievements of civilization 97–8
- Maslow, Abraham 147
- Mead, Margaret 94
- meaning-seeking animals 58
- memory 117, 173
- Mendel, Rabbi Menahem 82
- mezonot* bread 18
- Mizner, Wilson 80
- moderation 116

- monotheism 70, 153  
 Montefiore, Sir Moses 48–9  
 moral bearings 172  
 moral capital 181–2  
*Moral Evasion* (Selbourne) 119  
 moral influence 54  
 morality 52, 92, 112, 113–14, 117–18, 120  
 moral judgements 119  
 moral principles 64, 182  
 moral relativism 166  
 moral strength 123  
 moral wisdom 120, 121  
 Moses 33–4, 102, 177–8  
 motherhood 94, 95  
 mothers 103  
 Mother Teresa of Calcutta 76  
 Murdoch, Iris 164  
*mysterium tremendum* 89  
 myths 70, 100, 177
- National Health Interview Survey 10  
 natural catastrophe 177  
 nature 3, 60, 110, 111, 185–6  
 negative reciprocity 139  
 neighbourliness 124–5  
 nemesis 71  
 news reporting 20–1, 22  
 Nietzsche, Friedrich 56  
 ‘No,’ the hardest word 122–3  
 noise 77  
 Norwich blood libel 157  
 nothingness 89
- obscenity 119  
 opposite, doing 42–4  
 optimism 175, 180  
 order 111  
 Otto, Rudolph 89
- Paestum 7–8  
 pain 101  
 parchment, First Temple 148  
 parenthood 93, 94, 98, 161  
 parents 63, 100, 102–4, 114, 162  
 the past 116, 118, 188  
 Pauli, Wolfgang 43  
 peace 149, 167  
 persecution, religious 156–7  
 persistence 116, 118  
 the personal 68, 69, 71, 191–2  
 perspective, sense of 41  
 phatic communion 78  
 photography 32–3
- place of worship 137  
   *see also* houses of worship  
 Plato 154  
 Plotinus 136  
 politics 53, 54, 57, 59, 182, 191  
 ‘Post-It’ pad 32  
 postmodernity 179  
 power 54, 55, 57, 59, 91, 92  
   conflicts of 61  
   of words 127–8  
 prayers  
   and good news 22  
   and houses of worship 54  
   phatic communion 78  
   of thanksgiving 15–16, 21  
 prejudice 179  
 priestly blessings 148  
 prime minister, John Major 17, 18, 19  
 Prisoner’s Dilemma 138–40  
 progress 179, 180  
 Proverbs, book of 127  
 providence 36  
 Psalms 148–9, 166  
   19 77  
 purpose, dignity of 60  
 Putnam, Robert 141
- quality time 93  
 questions, asking 79, 80, 81
- Rabi, Isidore 79  
 Rabin, Yitzhak 43  
 Rapoport, Anatole 139  
 Rashi 80  
 rationality 180  
 Rav Kook 42  
 reason 117, 179  
 Rebecca 99  
 reciprocal altruism 139  
 reciprocity 129, 139  
 recognition 147–9  
 reconciliation 165, 167  
 reflection, pauses for 40–1  
 relationships 91–2, 97  
   and God 72, 191  
   and pain 101  
   and trust 61  
 relativism 166, 182  
 religion 15, 153, 155, 162, 190  
   and change 183  
   and community 143  
   and conflict 178–9  
   the engine of civility 125

- and freedom 72
  - and humour 38
  - and life expectancy 10–11
  - loss of 56–8
  - and persecution 156–7
  - and the personal 191–2
  - and spirituality 164
  - see also* faith
  - religious services 10–11
  - resilience 184
  - respect 55
  - rest, making time for 24–5
  - retaliation 139
  - right and wrong, capacity to distinguish between 119
  - righteousness 84
  - rights 113, 129, 130
  - rights-based culture 129
  - risk 189
  - Rousseau, Jean-Jacques 181, 183
  - Rowntree Foundation 105
  - rule of law 116
  - Russell, Bertrand 73
  
  - Sabbath 23–4, 144
  - Sacks, Louis David 62–4
  - Sadat, Anwar 43
  - Salanter, Rabbi Yisrael 183
  - sanctuary, portable place of worship 109, 110
  - Sarah 99
  - schools 172
  - science 57, 59, 67, 70, 72, 103, 172–3
    - and Bohr 68
    - and the Enlightenment 179, 180
    - is impersonal 191
    - and lateral thinking 43
    - and nature 2–3
  - Scotland 35–6
  - secularization 57
  - Seder service 79
  - Selbourne, David 119, 121
  - self-consciousness 67–8
  - self-control 116
  - self-interest 61, 138, 139, 140
  - selflessness 140
  - self-righteousness 84
  - seminary, rabbinical 79
    - see also* yeshivah
  - serotonin 14
  - sex 91, 92, 93, 98
  - sharing 49, 54
  - shtetl* 40
  - silence 77, 78, 128
  - Singer, Isaac Bashevis 36
  - single parenthood 93, 94
  - social animals 60, 137
  - social contract 130
  - The Social Contract* (Rousseau) 181
  - society, laws of 110–11
  - sociobiology 59, 138
  - solitude 136, 191
  - Solomon, King 83
  - the soul 67
  - speech 78, 127
  - spirituality 164, 172
  - stability 95
  - stammering 184–5
  - the state 2, 53, 55, 59
  - Stirling 35–6
  - strangers 117, 144, 167
  - strength 98, 123, 176
  - stress 24
  - stress-related illness 11
  - striving 64
  - suicide 2, 172
  - Sukkot* 188–9
  - surveys on happiness 2
  - Swift, Jonathan 41
  - Switzerland 7
  - synagogues 144–6
    - see also* houses of worship
  
  - Tabernae 83
  - Tabernaes (*Sukkot*) 188–9
  - teachers 172
  - technology 171, 179, 184, 187
  - the Temple 83
  - Teresa of Calcutta, Mother 76
  - thanksgiving prayers 15–16, 21
  - therapeutic groups 141, 142
  - third domain 55
  - third way 2
  - ‘Thought for the Day’ 40
  - time 177, 178, 179–80
  - ‘The Time of Our Joy’ 189
  - The Times*, ‘Credo’ columns 40
  - Tit-for Tat 139
  - togetherness 115
    - see also* belonging
  - tolerance 57, 117, 157–8
  - Tolstoy, Leo 98
  - Torah 37–8, 109–10
  - tragedy 43–4, 71
  - tranquility, and happiness 25
  - transcendence 58, 67
  - transition 184
  - tributes at funerals 50–1
-

trust 61, 95, 104, 115, 120, 128, 139  
    and co-operation 140  
    and duty-based culture 129  
    and families 182  
    lack of 92, 127, 142  
    and relationships 191  
Twerski, Abraham 79  
*tzedakah* 130

unburdening 136–7  
uncertainty 83, 89, 184, 188, 189  
the unexpected, doing 44  
United States 172  
universe, creation of 109, 110  
universities 57  
unjustified criticism 30

valued, sense of being 11, 59, 147–9  
values 51, 159–60, 186, 191, 192  
violence 172  
virtual communities 187  
virtues 113, 114, 115, 116, 117, 127  
vision, need for 191  
voluntary organizations 141, 142  
vulnerability 83, 98

*Wall Street Journal* 2  
wars 153, 178–9  
wealth 47, 53, 54  
wedding 145  
wellbeing 143  
*The Whole Shebang* (Ferris) 80–1  
Wiesel, Elie 77  
Wilson, James Q. 101  
Winston, Lord Robert 67  
wisdom 120, 121  
Wittgenstein, Ludwig 9, 44  
words, and power 127–8  
Wordsworth, William 77, 106  
work 23, 24  
worship, houses of 10–11, 53–4, 137, 144–6  
worth, sense of 148  
Wuthnow, Robert 142

yeshivah 76–7, 78, 79  
York blood libel 157

zero sum games 54  
Zusya of Hanipol 30