Index

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 Dearation 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
Augeries 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, mezonot 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
Index

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
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
Elijah 73–4
Emile (Rousseau) 181
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
degree 87
Downing Street lunch 17–19
drowning, rescue from 8
drugs 3, 123, 172
duties 129
duty-based culture 129, 131
Ecesiastes 12, 48
economics 53, 54, 59, 191
ecosystem 93

Eliyahu 73–4
Emile (Rousseau) 181
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
degree 87
Downing Street lunch 17–19
drowning, rescue from 8
drugs 3, 123, 172
duties 129
duty-based culture 129, 131
Ecesiastes 12, 48
economics 53, 54, 59, 191
ecosystem 93

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 Sack’s 62–4
fear 185, 186
Ferris, Timothy 80–1
Feuerbach, Ludwig 83
fidelity 115
forgiveness 63–4, 139
Frankl, Viktor 43–4
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>freedom</td>
<td>44, 111, 115, 178</td>
</tr>
<tr>
<td>the art of association</td>
<td>143</td>
</tr>
<tr>
<td>and religion</td>
<td>57, 72</td>
</tr>
<tr>
<td>French Revolution</td>
<td>181</td>
</tr>
<tr>
<td>friends, and strangers</td>
<td>144, 146, 167</td>
</tr>
<tr>
<td>friendship</td>
<td>54, 114, 161, 162, 165</td>
</tr>
<tr>
<td>Fukuyama, Francis</td>
<td>1, 153</td>
</tr>
<tr>
<td>fundamentalist</td>
<td>80</td>
</tr>
<tr>
<td>funerals</td>
<td>50–1</td>
</tr>
<tr>
<td>the future</td>
<td>87–8, 116, 118, 188</td>
</tr>
<tr>
<td>and faith</td>
<td>89</td>
</tr>
<tr>
<td>and God</td>
<td>189</td>
</tr>
<tr>
<td>and moral principles</td>
<td>182</td>
</tr>
<tr>
<td>games theory</td>
<td>138</td>
</tr>
<tr>
<td>Genesis</td>
<td>91, 99, 100, 109</td>
</tr>
<tr>
<td>The Gifts of the Jew (Cahill)</td>
<td>177</td>
</tr>
<tr>
<td>giving</td>
<td>55</td>
</tr>
<tr>
<td>global communication</td>
<td>172, 187</td>
</tr>
<tr>
<td>glue</td>
<td>32</td>
</tr>
<tr>
<td>God</td>
<td>70, 157–8</td>
</tr>
<tr>
<td>always with us</td>
<td>89, 189</td>
</tr>
<tr>
<td>and asking questions</td>
<td>79, 81</td>
</tr>
<tr>
<td>and Cardinal Hume</td>
<td>167</td>
</tr>
<tr>
<td>covenantal relationship with</td>
<td>89, 102</td>
</tr>
<tr>
<td>and creation</td>
<td>110–11</td>
</tr>
<tr>
<td>and critical intelligence</td>
<td>80</td>
</tr>
<tr>
<td>and Elijah</td>
<td>73–4</td>
</tr>
<tr>
<td>and his children</td>
<td>103</td>
</tr>
<tr>
<td>and Hosea</td>
<td>90</td>
</tr>
<tr>
<td>image of</td>
<td>59, 60, 72, 100, 117, 125, 129, 155</td>
</tr>
<tr>
<td>is a person</td>
<td>102, 148–9, 192</td>
</tr>
<tr>
<td>and listening</td>
<td>74–5, 76</td>
</tr>
<tr>
<td>lives on earth</td>
<td>154</td>
</tr>
<tr>
<td>loss of</td>
<td>56</td>
</tr>
<tr>
<td>and marriage</td>
<td>91</td>
</tr>
<tr>
<td>objective reality of the personal</td>
<td>191</td>
</tr>
<tr>
<td>as parent</td>
<td>104, 162</td>
</tr>
<tr>
<td>in the personal</td>
<td>68, 69</td>
</tr>
<tr>
<td>and silence</td>
<td>78</td>
</tr>
<tr>
<td>speaking to</td>
<td>61</td>
</tr>
<tr>
<td>and Sukkot</td>
<td>189</td>
</tr>
<tr>
<td>voice of</td>
<td>64</td>
</tr>
<tr>
<td>and wars</td>
<td>153</td>
</tr>
<tr>
<td>and where he lives</td>
<td>82, 83, 84</td>
</tr>
<tr>
<td>good news</td>
<td>20, 22</td>
</tr>
<tr>
<td>file of</td>
<td>30–1</td>
</tr>
<tr>
<td>gossip</td>
<td>126–7</td>
</tr>
<tr>
<td>government</td>
<td>53, 57</td>
</tr>
<tr>
<td>grace</td>
<td>180</td>
</tr>
<tr>
<td>grace before meals</td>
<td>17–19</td>
</tr>
<tr>
<td>grapes</td>
<td>19</td>
</tr>
<tr>
<td>The Great Disruption (Fukuyama)</td>
<td>1</td>
</tr>
<tr>
<td>The Guide for the Perplexed (Maimonides)</td>
<td>33</td>
</tr>
<tr>
<td>Guildford Four</td>
<td>166</td>
</tr>
<tr>
<td>Halevi, Judah</td>
<td>102</td>
</tr>
<tr>
<td>happiness</td>
<td>3–4, 98</td>
</tr>
<tr>
<td>definitions</td>
<td>50</td>
</tr>
<tr>
<td>elusiveness of</td>
<td>1–2, 12</td>
</tr>
<tr>
<td>from marriage and houses of worship</td>
<td>11</td>
</tr>
<tr>
<td>needs tranquility</td>
<td>25</td>
</tr>
<tr>
<td>and the personal</td>
<td>192</td>
</tr>
<tr>
<td>and sharing</td>
<td>49</td>
</tr>
<tr>
<td>and values</td>
<td>51–2</td>
</tr>
<tr>
<td>Hassidism</td>
<td>82, 83</td>
</tr>
<tr>
<td>having it all</td>
<td>47, 123</td>
</tr>
<tr>
<td>Hawking, Stephen</td>
<td>103</td>
</tr>
<tr>
<td>Hayyim of Sens, Rabbi</td>
<td>156</td>
</tr>
<tr>
<td>headlines, see life as</td>
<td>41</td>
</tr>
<tr>
<td>health</td>
<td>10–11</td>
</tr>
<tr>
<td>Hebrew Bible see the Bible</td>
<td></td>
</tr>
<tr>
<td>Heller, Joseph</td>
<td>178</td>
</tr>
<tr>
<td>hermeneutic of suspicion</td>
<td>61</td>
</tr>
<tr>
<td>Herzog, Chaim</td>
<td>17</td>
</tr>
<tr>
<td>Heschel, A. J.</td>
<td>82</td>
</tr>
<tr>
<td>Holocaust</td>
<td>4, 165, 175, 179</td>
</tr>
<tr>
<td>honesty</td>
<td>115</td>
</tr>
<tr>
<td>honour</td>
<td>127</td>
</tr>
<tr>
<td>hope</td>
<td>22, 71, 173, 180</td>
</tr>
<tr>
<td>and Holocaust survivors</td>
<td>175</td>
</tr>
<tr>
<td>and time</td>
<td>177, 178</td>
</tr>
<tr>
<td>Hosea, book of</td>
<td>90–1, 92</td>
</tr>
<tr>
<td>houses of worship</td>
<td>10–11, 53–4, 144–6</td>
</tr>
<tr>
<td>hubris</td>
<td>71</td>
</tr>
<tr>
<td>The Human Body</td>
<td>67</td>
</tr>
<tr>
<td>humanity</td>
<td>110, 117</td>
</tr>
<tr>
<td>human nature</td>
<td>3</td>
</tr>
<tr>
<td>human rights</td>
<td>129</td>
</tr>
<tr>
<td>Hume, Cardinal</td>
<td>165–7</td>
</tr>
<tr>
<td>Hume, David</td>
<td>117, 182</td>
</tr>
<tr>
<td>humility</td>
<td>165</td>
</tr>
<tr>
<td>humour</td>
<td>38, 39</td>
</tr>
<tr>
<td>hurricane, Southeast England, 1987</td>
<td>185–6</td>
</tr>
<tr>
<td>‘I,’ use of</td>
<td>48, 61</td>
</tr>
<tr>
<td>ideals</td>
<td>63, 64</td>
</tr>
<tr>
<td>identity</td>
<td>153</td>
</tr>
<tr>
<td>Ignatieff, Michael</td>
<td>163</td>
</tr>
<tr>
<td>immortality</td>
<td>64</td>
</tr>
<tr>
<td>immune systems</td>
<td>11</td>
</tr>
<tr>
<td>impartiality</td>
<td>116</td>
</tr>
<tr>
<td>impersonal theories</td>
<td>60–1</td>
</tr>
<tr>
<td>impersonal world</td>
<td>191, 192</td>
</tr>
<tr>
<td>incivility</td>
<td>119, 140</td>
</tr>
<tr>
<td>incorrigibility, age of</td>
<td>183</td>
</tr>
</tbody>
</table>
Index

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 ubs’ 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
Index

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
Index

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
Tabernae (Sukkot) 188–9
teachers 172
technology 171, 179, 184, 187
the Temple 83
Teresa of Calcutta, Mother 76
thankgiving 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

Tedakah 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