



# Journey Together: 49 Steps to Transforming a Family

*Sarah Hermelin*

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## **Journey Together: 49 Steps to Transforming a Family** Sarah Hermelin

Offering a model of self-improvement rooted in Jewish thought and practice, *Journey Together* explains the mystical system of counting the Omer—a Jewish practice of counting the days between the holidays of Passover and Pentecost—focusing on a different personality characteristic on each of the 49 days. The author illustrates how each trait can be improved with easy-to-grasp examples from the Bible as well as inspirational modern-day stories. Each chapter concludes with exercises that parents and children can carry out together to help strengthen the family bond. This guide serves to make the counting of the Omer a transformative experience for families who take the time to apply its insights and lessons into their lives.

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