



FOR IMMEDIATE RELEASE

A Daughter's Kaddish
My Year of Grief, Devotion, and Healing
By Sarah Birnbach

A Moving Read for the Jewish Holiday Season

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Genre: Memoir, Self-Growth, Spirituality

"Sarah Birnbach embraces a custom that has been for so long the province of men. As we see on these pages, she—and we, her readers—are the richer for it. And we can only imagine that her father is smiling down on her with joy." —**Ari L. Goldman, author of *Living a Year of Kaddish***

"A compelling story of faith, family, and remembrance." —**BookRiot**

"Readers will appreciate Birnbach's candor and insight into the gender dynamics of Judaism. This soulful outing has plenty of heart." —**Publishers Weekly**

A Daughter's Kaddish (Wonderwell; September 2022) recounts Sarah Birnbach's year-long odyssey to persevere through an unfamiliar world of Jewish prayer. To honor her beloved father, Sarah commits to reciting the Mourner's Kaddish twice a day in synagogue for eleven months—a Jewish mourning ritual that was historically reserved for sons—despite her father's initial request that she hire someone male to do so. A novice worshipper and single working mother, Sarah's obstacles were many—including objections to her prayer practice because of her gender, her own daughter's near-fatal car accident, an incident that tore her synagogue apart, and her mother's dismissiveness.

Sarah incorporates these religious and spiritual practices into her already hectic 21st-century life while struggling with the heavy emotional distress of grief. As she travels the country for work, Sarah must find a synagogue where she can pray in each city and town she visits, a challenge that brings many surprises—and upsets. Throughout her year of devotion, Sarah takes comfort in the loving memories of her childhood while at the same time grappling with some very painful ones—ultimately discovering how the path of faith and grief can lead to true healing.

A Daughter's Kaddish addresses the universal experience of grief, will resonate with the Jewish community, and will appeal to feminists.

About the Author

Sarah Birnbach embarked on her encore career as a writer in 2015 after successful careers as a human resource management consultant and a licensed clinical social worker. She was a sought-after motivational speaker at numerous conferences and has delivered more than five hundred presentations and workshops. She is a five-time award winner from the Soul-Making Keats Literary Competition, a program of the National League of American Pen Women, and a two-time award winner in Bethesda Magazine's essay contest. Her stories have been published in numerous magazines and professional journals. An active member of the Women's National Book Association, she lives in Rockville, Maryland. Learn more at: sarahbirnbach.com



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Early Praise for *A Daughter's Kaddish*

“A thoughtful meditation on sacrifice, memory, gender roles, and of course—grief.”

—**A.J. Jacobs, author of *The Year of Living Biblically***

“A heartwarming, sometimes heart-wrenching, and always honest story.”

—**Rabbi Mindy Avra Portnoy, rabbi emerita, Temple Sinai, Washington, DC, and author of *A Tale of Two Seders***

“Birnbach’s love letter to her father is a meditation on grief and the power of a spiritual practice to transcend our most painful losses.”

—**Michelle Brafman, author of *Washing the Dead***

“Sarah Birnbach has made a major contribution to the literature of bereavement. She weaves together her personal story, grief, and spiritual development into a work that will move readers of diverse backgrounds and experiences.”

—**Kate Thompson, author of *Therapeutic Journal Writing***

“A brave and beautifully crafted memoir of love, loss, and enduring faith, rich with emotionally resonant stories. *A Daughter's Kaddish* is enlightening, enlivening, and profoundly inspiring.”

—**Kathleen Adams, founder/director, Center for Journal Therapy, and coauthor of *Your Brain on Ink***

“Sarah Birnbach embraces a custom that has been for so long the province of men. As we see on these pages, she—and we, her readers—are the richer for it. And we can only imagine that her father is smiling down on her with joy.”

—**Ari L. Goldman, author of *Living a Year of Kaddish***

“Sarah Birnbach tells an inspiring story of faith and determination in *A Daughter's Kaddish*, a modern take on an ancient ritual.”

—**Arch Campbell, former news anchor, NBC**

“A beautifully written book, *A Daughter's Kaddish* takes us on a woman’s journey to say the Mourner’s Kaddish, an untraditional path of grieving that tests her in many ways. At the heart of this book is a daughter’s love and devotion and a path to healing the past.”

—**Linda Joy Myers, president, National Association of Memoir Writers, and author of *Song of the Plains***

“Heartwarming and heartbreaking.... Reading Birnbach’s words deepened my thought process about my own beliefs and helped me better understand my own familial relationships.... Our stories matter and can matter to others. An all-around, enjoyably insightful read.”

—**Jeanne Baker Guy, award-winning author of *You'll Never Find Us: A Memoir***