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FOR IMMEDIATE RELEASE

Portland Jewish Educator Turned Author Launches First Book

*Book Available Now for Pre-Order; Community Launch Celebration
Scheduled on April 22, 2019*

PORTLAND, OR – Feb 25, 2019 – Drawing from more than 30 years of personal experience as a Jewish educator and leader, Dorice Horenstein’s *Moments of the Heart: Four Relationships Everyone Should Have to Live Wholeheartedly*, will be published by Morgan James Publishing (www.MorganJamesPublishing.com) on November 5, 2019. This book examines the four chambers of the heart in connection to the four different types of relationships we experience as humans: with ourselves, with others, with the Creator, and with special once-in-a-lifetime moments that define us and give us the essence of who we are. To celebrate this milestone, Horenstein invites the community to celebrate the book release at Congregation Neveh Shalom on April 22nd, 2019 at 7pm.

Moments of The Heart began with Horenstein’s thought of making her sister smile and feel good about the future when she was diagnosed with stage 3 breast cancer in 2014. As she was fighting for her life in Israel, Horenstein wondered how to cheer her up living 10,000 miles away in Portland, Oregon. Horenstein decided to post positive Facebook video messages every Saturday night, all connected to Jewish thought based on her education and profession. Fast-forward three years and this experience has been transformed into a book so that others can grow and develop in their own knowledge, spirituality and improve their relationship with others.

In *Moments of the Heart*, available now for pre-order on all major retailer sites, Horenstein brings readers into the universal human experience through a Jewish lens. The four sections of the book correlate to the four chambers of the heart, each chamber addressing the corresponding and issues relationship and issues as they relate to Jewish thought and practice. More importantly, Horenstein uses her expansive Hebrew knowledge to highlight relational themes utilizing the unique and mystical structure of Hebrew words and sentences to probe deep, explore, and bring to light important concepts. At the end of each entry, Horenstein gives readers tools to further explore personal experiences and thoughts.

“The book is very powerful and very beautiful,” said Rabbi Joseph Telushkin, best-selling author of more than 15 books on Jewish ethics and literacy. “What I have read is passionate, very spiritual, and well-reasoned, three things that don’t always go together. I particularly love the analysis of the word *matzpun* [conscience] and its variety of related meanings, and I was profoundly moved by the journey you took and how you came to write this book.”

About the Author:

Dorice Horenstein was born and raised in Israel and moved to Portland after serving in the Israel Defense Forces (IDF). She worked in education for more than 30 years, teaching more than 1,000 students in private and class settings. She received her Bachelor’s degree in English Literature with a certificate in Linguistics from Portland State University. www.jewisheducationservices.com

More About This Title:

Moments of the Heart: Four Relationships Everyone Should Have to Live Wholeheartedly by Dorice Horenstein will be released by Morgan James Publishing on November 5, 2019. *Moments of the Heart*—ISBN 9781642794038—has 180 pages and is being sold as a trade paperback for \$16.95.

About Morgan James Publishing:

Morgan James publishes trade quality titles designed to educate, encourage, inspire, or entertain readers with current, consistent, relevant topics that are available everywhere books are sold. www.MorganJamesPublishing.com