



# **Self Struggle & Change: Family Conflict Stories in Genesis and Their Healing Insights for Our Lives**

*Dr. Norman J. Cohen*

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### How do I find greater wholeness in my life and in my family's life?

"To appreciate the importance of the Bible and gain insight about ourselves from it, both Jews and Christians can use the process of *midrash*: The attempt to find contemporary meaning in the biblical text. The term *midrash* comes from the Hebrew root *darash* which means to seek, search, or demand (meaning from the biblical text). The starting point of our search for personal meaning is the Bible itself.... Each generation, each reader, can approach the text anew and draw meaning from it."

?from *Self, Struggle & Change*

The stress of late-20th-century living only brings new variations to timeless personal struggles. The people described by the biblical writers of Genesis were in situations and relationships very much like our own, and their stories still speak to us because they are about the same basic problems we deal with every day.

Learning from Adam and Eve, can we find the courage not only to face our other side, but to draw strength from it? Learning from Leah and Rachel, can we stop competing with our loved ones, and begin to accept them and find ourselves? Sarah, Hagar, Lot, Ishmael and Isaac, Rebekkah, Joseph and his brothers, Jacob and Esau...this vibrant cast of characters offers us new ways of understanding ourselves and our families and healing our lives.

A modern master of biblical interpretation brings us greater understanding of the ancient biblical text, and of the insights its characters give us about ourselves and our families today.

By bringing the people in Genesis to life?husbands and wives, fathers and sons, brothers and sisters? *Self, Struggle & Change* shows us how to find wholeness in our lives.

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