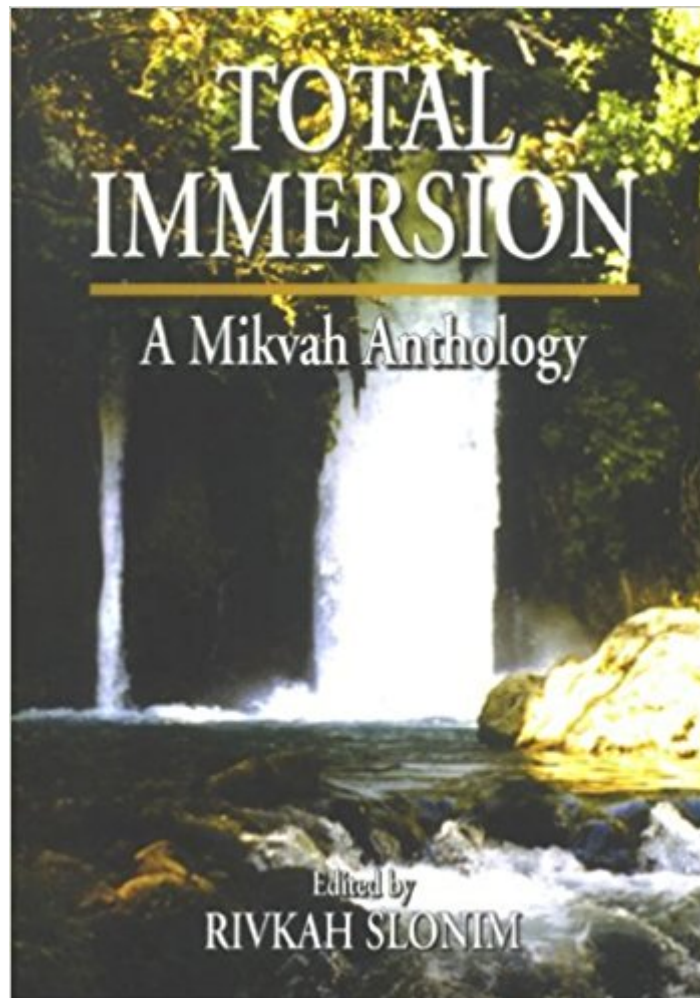


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# Total Immersion: A Mikvah Anthology



## Synopsis

In this absorbing collection of 50 essays and stories about the mikvah—the Jewish ritual bath—women and men contribute their thoughts on this ancient Jewish tradition. The issues of mikvah and Jewish family purity are addressed from philosophic, psychological, mystical, legal, practical, historical, and personal points of view.

## Book Information

Paperback: 320 pages

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## Customer Reviews

"Through theory and thought, personal experience and story, the contributors show how the sexual and the sacred converge, transcending blood taboos and accusations of misogyny to create a source of spiritual and physical renewal." — Publishers Weekly

Rivkah Slonim is an internationally recognized activist and lecturer who focuses on the intersection of traditional Jewish observance and contemporary life, with a special emphasis on Jewish women. She is, with her husband, the founder and director of the Chabad House Jewish Student Center at Binghamton University.

A great book to read before going to the Mikvah.

This was first lent to me by my rabbi's wife, in response to my inquiries about mikvah. The book is so informative and considerate of the benefits, needs, and relevance to both men and women. It also cuts to the chase about why mikvah is so important, and yet why a once common, dignified

part of Jewish life (mikvah) has become so diminished in modern times... very meaningful and interesting context/background that is easy to access/refer to, when sharing with others, the praises and meaning of mikvah and "family purity". Further, in Total Immersion, I appreciate the diverse views of mikvah presented by many of today's Jewish leaders - conservative, orthodox, chassidic, male, female, etc. A very healthy, balanced, informative survey and understanding of mikvah and "family purity" observance. I thank the author and contributors for such a thoughtful, balanced, honorable, real, and dignified effort. My spouse and I will keep our own purchased copy alongside "A Committed Life," by Rebbetzin Esther Jungreis; "Men are from Mars, Women are from Venus;" and "The Five Love Languages."

So I just finished Total Immersion 2nd edition from 2006. A girlfriend gave it to me Hanukka of that year and I thought it was going to be boring so I put off reading it for all this time. But I was really pleasantly surprised. Judaism's three pillars are Shabbat, kosher and mikveh. Everybody knows what Shabbat and Kosher is. But what in the world is mikveh? And is it only religious fanatics who use it? This anthology is brilliant because it talks about every conceivable aspect of mikveh. Who uses it. Why they use it. How to use it. What the myths are. What the truth is. All sorts of women use it: there are women who are not at all religious, women who don't want kids, women who are feminists and still use it. We get to hear stories from a convert, academics, a rape victim, someone who lost friend in terror attack, all sorts of different women and even men. I think all the differences are what make it so interesting to read. I thought it was going to be one of those religious pushy books, but it is really cool and fascinating. This is a great education on mikveh - the what, where, why, who and when.

While all of the essays in this book about Jewish women's use of the ritual baths are beautiful and well written, the one by Sara Lejderman of Sweden touched me the most. She was sexually abused as a child, as a teen, and then as a woman. She managed to survive that and become a successful wife and mother, and yet she constantly felt contaminated. The story of her "cure" is a gift to all readers who ever needed to overcome any challenge (which is all of us). May G-d bless Sara Lejderman with good health, happiness, and peace of mind, every day of her life. Even without ever meeting her, I love her.-- Jewish, NY, USA

Having read lots of books on the subject I could guarantee you that this is the best and most interesting and most inspiring! In order to learn the detailed halachic rules you need other books. ..

Mikvah and the Laws of Family Purity are from the most difficult to understand and digest. No one does it better than Rivkah Slonim. If you have considered Mikvah, never really understand it or simply curious this is your book. A valuable compendium and resource. This book would be a great gift for a bride.

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