

JEWISH LATIN PRINCESS
FRUMMA ROSENBERG-GOTTLIEB, CO-AUTHOR
OF AWESOME AGING AND JEWISH
MINDFULNESS EXPERT
EPISODE 52

You're listening to Jewish Latin Princess Podcast by Yael. Every week get your dose of inspiration from the world's most uniquely talented Jewish women and from Yael herself. Seeking profound and practical ways to live a joyful, richer Jewish life? Welcome to Jewish Latin Princess Podcast.

And now, Jewish lifestyle expert and bilingual blogger at www.jewishlatinprincess.com, your host, Yael.

Yael Trusch: Moadim l'Simcha, everyone! This is the week of Chol Hamoed Pesach and you're listening to Jewish Latin Princess. I'm your host Yael Trusch, welcome to the show.

I had an awesome two Sedarim with friends and family. Our custom is to have one Seder where we host guests, and our children are active participants in that of course. But then, we have a Seder which we dedicate exclusively to our children – they can shine, they could show off their haggadah, they share insights that they've learned in school, they asked questions, sing, perform, etc.

We went till two in the morning each night and it was a lot of fun. On the first night which was the one where we had guests, we had Piñatas with the ten Plagues and plagues falling all over our heads, it was hysterical.

Anyway, today, I couldn't be more pleased to be celebrating this week of Passover by bringing you my old time friend Frumma Rosenberg-Gottlieb, Author of Awesome Aging.

In *Awesome Aging*, Frumma is teaching people over 50 how to live the third act of their lives with more meaning, dedicating time to those activities that nourish their values and passions. How appropriate to talk to Frumma on this week where we are all working on letting go of self-imposed shackles and become free to really be our highest self.

She shares with us her journey from an affluent Reform young woman searching for meaning, involved in transcendental meditation, to becoming an Observant woman, who later on coached hundreds of women throughout her career as a life coach and spiritual mentors. She's been cited in *Time Magazine* as an Expert on Mindfulness and Judaism, and in Arianna Huffington's book, *Thrive*. She's appeared in the Oprah Winfrey show and in the best-selling book, *Small Miracles*.

Let me ask you this, do you have a mission statement? How much effort are you dedicating to cultivating relationships in your life? And why is that even important? Why should we all be taking at least five minutes to meditate a day? And how could we use our breathing throughout our day to keep us mindful, in the moment, and not frazzled? These are just some of the awesome tips that Frumma shares with us today. Here we go, ladies, with the awesome Frumma Rosenberg-Gottlieb.

[THEME MUSIC]

Yael Trusch: My dearest Frumma Rosenberg-Gottlieb, welcome to Jewish Latin Princess.

Frumma Rosenberg-Gottlieb: Thanks! It's nice to be here.

Yael Trusch: It's really such an honor and a pleasure. I feel like life coming full circle. You had so much to do with me being where I am today, an Observant woman, a Chabad woman, mother of four children because, well, I became Observant at your son's home. And that's how we know each other.

Frumma Rosenberg-Gottlieb: I remember well and I'm proud of you every time I see you.

Yael Trusch: We spent many Shabbat afternoons and many holiday afternoons chatting and getting to know each other. I was then a young woman and so I'm totally honored and humbled at the same time to have you on the show.

You just published your first book, *Awesome Aging*, congratulations.

Frumma Rosenberg-Gottlieb: Thank you! Thank you.

Yael Trusch: And I want to talk about *Awesome Aging*, but first, I want to talk about your career path. There's a really interesting journey here as an educator, you're a spiritual mentor, you're a certified life coach specializing in personal growth, relationships, addiction coaching.

You're a sought after lecturer and you've been teaching concepts such as mindfulness, emotional and physical health, mind-control, happiness – way long before those words became buzz, and trendy, and hit the mainstream. In fact, you were cited a long time ago in *Time Magazine* as an Expert on Mindfulness and Judaism. You appeared on Oprah Winfrey show. I mean, you, we were featured in the best seller books, *More Miracles*.

All of these while raising your beautiful large family, which we'll get too also, but I want you to take us back in time, Frumma, because I do know that given the upbringing that you had one may be would have not expected that you would have become an expert in your field.

So take us back in time. Let's go back down memory lane and tell us what happened?

Frumma Rosenberg-Gottlieb: Well, it's a long time but I'll try and make it short. I grew up in a very affluent, Reformed family. My parents were extremely, extremely impairing in terms of ethics, in terms of self-image, etcetera and so forth, but not particularly involved in anything spiritual.

So I started, I journey all the way back in the college days when I became one of those hippies that they talk about in Time Magazine, speaking of Time Magazine, and found myself on the Island of Kauai, Hawaii. Looking, I was there as a volunteer in Service to America, but I was really there in service to myself as well. I was looking for meaning in life and I was looking every place.

I looked at Buddhism, I looked at Transcendental Meditation, I looked at some of the alternatives of the... that moment that I got like to talk in front of my children and I wound up getting involved with a Maharishi , the same Maharishi that the Beatles were so involved with and involved in Transcendental Meditation.

And then, later involved with natural foods and in fact, I moved to Boulder, Colorado in the 1960s and started a little natural food store in my home which grew into a chain of eight large food stores which now morphed into Whole Foods and there was a guy –

Yael Trusch: What!

Frumma Rosenberg-Gottlieb: Working for us in our store who had this great idea for a tea business and came to us, asked us if we could fund him. We loaned him \$5000 to start his business and six months later he came back to us and said, I have your money back, would you like to be my partner or would you rather take back your money? I said, I think we'll take back our money and my husband, of course, listening to everything that I always suggested, agreed, and my friend went on to be Celestial Seasonings.

Yael Trusch: Who are they?

Frumma Rosenberg-Gottlieb: And later sold it to Kraft for \$89 million. So, anyway, I was an explorer and a pioneer. And I was always interested in relationships and psychology and calm and happiness. And so I looked for that everywhere.

Yael Trusch: But you grew up in New York City which is the opposite of calm and happy.

Frumma Rosenberg-Gottlieb: Yeah, actually we moved down to Deal, New Jersey when I was about six which was a pretty happy place.

Yael: Okay.

Frumma Rosenberg-Gottlieb: And, but, yes.

Yael Trusch: So you're in Boulder, you are involved – you have your natural foods store, you're involved in Transcendental Meditation—what happens next?

Frumma Rosenberg-Gottlieb: So we had this very good friend who is in the natural foods business living in upstate New York and he invited us to come for Shabbat. And when we came, not really knowing what to expect, it was as though all of the years before that I had been knocking on the peoples doors and saying, “Hello, is my mother here?” and people would say, “Well, no, but here’s a mantra guaranteed to take you to places of higher consciousness,” or here’s a rice bowl or whatever it was, and finally came into this Shabbat table and it was like, here’s mother and she’s there with her arms open saying where have you been all your life? And we literally sold our farm over the telephone Saturday night.

Yael Trusch: No way!

Frumma Rosenberg-Gottlieb: Yeah, and moved to the East Coast to spend a year we thought at that point in time just exploring the Jewish Calendar and finding out about our roots.

Yael Trusch: But wait, I have to poke this a little bit. What was there at that Shabbat that... what was palpable? What did you feel that you hadn't felt doing all these other forms of spiritual practices?

FRUMMA ROSENBERG-GOTTLIEB: Yeah, okay, so I felt I can do two things at the same time. One was an overwhelming sense of community and kinship with the other people that were sitting at the table. And perhaps, even more than that, some kind of a historical imperative, like if I believe in God and I was born Jewish, so, why am I looking every place else instead of, you know, under my own robe to find what it is strictly that I am looking for?

Yael Trusch: Wow, okay. So then you start this journey of self-discovery and how did you become interested – you are already... I could tell you were a very intellectual person so everything started buried from the intellect, but how does, how do you start becoming interested in this merge of psychology and Torah and the spirituality within Torah?

FRUMMA ROSENBERG-GOTTLIEB: So, I think as much as I was intellectually oriented I was all about heart and relationship.

Yael Trusch: Okay.

FRUMMA ROSENBERG-GOTTLIEB: And some sort of calm, quiet, stopped me in a small-filled voice that wanted to be heard and wanted to be nurtured and I just felt that I could find that looking through classic Jewish tradition and seeing, where is this wisdom that has been handed to me because it's my historical legacy? My cultural legacy, my spiritual legacy. What do they have to say about the things that I'm passionate about and I love? What does it say about marriage? What does it say about child rearing? What does it say fighting inner peace?

Yael Trusch: And so, it's interesting that you say that because I've heard so many times so many people feel that those things are not Judaism.

Judaism is ritualistic, it has nothing to do with the things that you described, yet, you found those things in Judaism and obviously I found them to. So, how do we address this?

FRUMMA ROSENBERG-GOTTLIEB: Yeah. That's sad. Its – I've heard it a lot as well and I must admit that the first time that we were going to a Shabbat meal and I said to my husband, do we really want to do this thing? It's pretty archaic.

I mean, what difference does it make whether you turn on a light on Saturdays or not? I found out what difference it made, to me, that the idea of Shabbat was really the idea of having an island in time that was reserved for my family without all of the external demands of our busy lives.

Yael Trusch: Yes.

FRUMMA ROSENBERG-GOTTLIEB: There was no telephone, no driving anybody to a soccer game. It was about having private time and being able to bond and not being called upon to perform in terms of financial things, it was just wow! Just, wow.

And so I think first sense of peace was this idea of having this family day where we walked every place and suddenly saw things in your own neighborhood that were always there but you never notice because you never had time to look. Suddenly saw things in your own family dynamic that you never noticed because you never made the time to look, because you didn't even know that that time existed without the gift of Shabbat.

Yael Trusch: Right.

FRUMMA ROSENBERG-GOTTLIEB: So that was big, that was very big. Also, I think, the idea of trust is very, very, big in Torah and until you start to learn it deeply, sometimes you can overlook it.

What I mean by that is there's a concept in Torah that, "Not a leaf turns without God willing it to happen." And there's another concept in Torah that, "God loves you like an only child." You know that literally, if you had a refrigerator, your picture would be on it, so—

Yael Trusch: Right, right. I even think that the Lubavitcher Rebbe said that and said and that's because we don't even know how to kind of even explain the concept.

That's the closest we have for us to comprehend the love that Hashem has for every individual. So it's a very powerful thing.

Frumma Rosenberg-Gottlieb: Exactly! So if you are holding this value that God loves you like an only child and that God is actively involved in every moment of your life, so you can let go to a certain degree of the things that are beyond your control and get it, get it like, hi, this is God speaking. You're not in charge. Oh, wow! I'm not? I'm so glad you told me, now I'm relaxed – which doesn't mean that I don't plan, it doesn't mean that I don't work hard.

It took a long time to write this book, I tell you that, and it's taking a lot of energy to do the publicity for it, but it means that you understand that you make the baskets for the pictures, for the blessings to pour in through your hard work and then ultimately, whether or not you succeed in it is up to God putting His blessings there for you.

Yael Trusch: Correct! Frumma, I think in the late 1970s, you might have been part of a group of people at that time that the Lubavitcher Rebbe was addressing the concept of meditation and teaching Jewish people about meditation within our context.

Can you tell us a little bit about that?

Frumma Rosenberg-Gottlieb: Yeah, sure. So, in the late nineteen... let me step back for one second.

Yael Trusch: Yeah.

Frumma Rosenberg-Gottlieb: I think that anxiety and depression are the two monsters that we wrestle with as a people, you know, more than anything else. And so it was only natural for people to be looking for some cures and one of the cures that was very popular in

the 70s was meditation and not necessarily meditation that was streamlined to somebody who was Jewish.

So the Rebbe, understanding that, came to a group of us, sent us letters saying that it was really important for there to be a form of meditation that was Kosher. Meaning void of those connections to gurus and Hindu gods and goddesses, etcetera and so forth and Buddhist monks, what have you – that was simply a means of achieving relaxation and calm, and that the people who understood meditation and who were now involved in Judaism needed to exercise their muscles and their brains and get it together and put together that kind of a technique so—

Yael Trusch: So we can, as Jews, practice meditation then?

Frumma Rosenberg-Gottlieb: Absolutely! Not like; can we as Jews, but we have a long historical tradition to meditate.

Yael Trusch: Tell us?

Frumma Rosenberg-Gottlieb: Yeah, when it talks about Isaac in the fields, and when Rebecca first come and sees him, it says he was in the fields meditating and we see in many places we see about people who chose to be shepherds and lead that kind of pastoral life when there were other options they could have been in the market place, because they wanted some kind of a quiet, meditative lifestyles so that they could think about what they were doing, be conscious of spirituality.

Yael Trusch: But I have to ask the question, Frumma, because even for us Observant women, life could be really hectic and even Observant women can feel totally frazzled. We're also getting pulled in a million directions or maybe we just allow ourselves to be pulled because really we can be present wherever we need to be present, but how do we address this?

FRUMMA ROSENBERG-GOTTLIEB: So, it's a—there was a famous author by the name of Hien Mossader in the 12th century, who said that, when a person is rushing all the time, they don't act from their highest self, causing much more confusion and stress than might otherwise be. This guy was driving a gondola down the streets and in the rivers of Venice and it's amazing that he knew what the word rushing even meant.

So, I think that there's a lot of quick fixes that we can choose. One of them is our breath. No matter where we go as long as we're alive, we breathe, so the idea of practicing deep breathing, the idea of doing cleansing breaths.

For example, I encourage people to take one deep breath and shhhh as they exhale to let go of all of their past, a big order. With the second breath to inhale and shhh as they exhale to let go of all their worries about the future, and with the final breath, as they inhale, just to pull themselves up with this moment and as they exhale just come fully present into this moment, not think about anything else.

So, that level of focus, how long do that take? If we do that in a car pool line, if we do that when we're on line in the supermarket, if we do that when we see a bumpy moment in front of us and we start to feel that feeling of being uptight and tense, just breathe in, shhh, even shorter than that, you can breathe in the word “let”, shhh and breathe out the word “go”. Breathe in connection to your higher power and breathe out anxiety, just being conscious and mindful changes everything. You don't have to take the time out to do it.

Yael Trusch: It really does, and it's free.

FRUMMA ROSENBERG-GOTTLIEB: It's free, absolutely.

Yael Trusch: So let's talk about your book, *Awesome Aging*, why this book? Aging is in secular society, in the world around us, it's seen in a

very different light than Judaism sees aging and I'm so happy that you've put this book out there because it's greatly needed.

So talk to me about this book? What was the impetus?

FRUMMA ROSENBERG-GOTTLIEB: Love, too. The impetus was a picture of the Rebbe in my living room.

Yael Trusch: Okay.

FRUMMA ROSENBERG-GOTTLIEB: And the realization that when I became religious the Rebbe was 70 and I never thought of how old he was, because there was no such thing as age to the Rebbe, maybe it was something that was on your driver's license or on your passport, but it didn't define your level of effectiveness in the world. In fact, when he was 70 that's when he really started to spoke charge expansion into the world.

We live in a society that so ageist. If you even look in contemporary movies you see that they make jokes about older people. It's a very common occurrence in movies, and yet in America there's more than 10,000 people retiring every day.

Yael Trusch: Right.

FRUMMA ROSENBERG-GOTTLIEB: So, how do we overcome these concepts of aging and make the third act of our lives really, really, meaningful? I think I took, for the most part, my husband and I took the tools that we had cultivated up until this point in terms of emotional intelligence, relationships in terms of meditation, in terms of cultivating trust, and being in the now.

And in terms of how a person defines their values and their principles in life and applying all to this new stage of life where in reality people do have more time, and for some people that time becomes empty and confusing and sad like Sundays. Some people are more like, ah, Sunday! I can't handle Sunday, because it doesn't have a schedule in

it, it doesn't have these expectations that at 8 o'clock you're out the door and etcetera and so forth. So how do you deal with Sundays?

So I feel that the time from... really from 50 onwards, when the kids are mainly out the door, is like a Sunday and it's the time when you really have the freedom to choose your values and principles and live by them wisely without having to think so much about diapers and car pools.

Yael Trusch: Yes.

Frumma Rosenberg-Gottlieb: Yeah! And it's a shame that in America older people really have taken the backseat to youth when for example, Google did a lot of research on aging and what they found was that well, younger people can process bits of material more quickly, they can't get the whole puzzle together. That comes with maturity and so they started to hire more older to be their thinkers.

Yael Trusch: Wow!

Frumma Rosenberg-Gottlieb: Yeah.

Yael Trusch: Yes, which reminds me of our concept in Jewish mysticism of *chochma bina* and *daas* that level of putting everything together into daas, and to real comprehension of the full picture, that really takes years of experience and being able to really connect the dots together. And wow, very, very cool. Very cool.

So, is this book for everybody or is this book solely for a Jewish audience?

Frumma Rosenberg-Gottlieb: No, the book is for everybody.

Yael Trusch: Very cool.

Frumma Rosenberg-Gottlieb: I think they are... the audience is mainly defined by people who are over 50 although, the tools that we talked about and used throughout the book are tools that my grandson loves to read about and says, he's gained so much from, my 30 year old

neighbor said, wow. I find out these things when I was 25 but I couldn't redefine my life, but –

Yael Trusch: Right, but then I was going to say, it's almost like we really need to be practicing these things, Frumma, from an early age so that we can pull them from our bank when the kids are out of the house.

Frumma Rosenberg-Gottlieb: Absolutely! But even in terms of right now, what principles define who you are? As you said, we all have a limited amount of timing every day and always feel like we are rushing so if we took the time to draw back the bow so to speak, to sit down and figure out what are my governing principles and what are my passions?

And then to decide when we are planning out our week, you know beside from the carpool and besides from the shopping, are the things that I'm using my time for really things that nurture my principles and my passions?

Yael Trusch: Yes.

Frumma Rosenberg-Gottlieb: And if not, maybe I can dismiss them. I made a mission statement and I used my mission statement a lot in determining whether I'm going to do something or not. If you want my mission statement I have it right in front of me.

Yael Trusch: Can I hear it? Yes, can I have one, too? I want to hear it, tell us.

Frumma Rosenberg-Gottlieb: Okay. It says, "I effectively inspire and empower others and myself towards tangible personal transformation. I cultivate presence of mind, purposeful habits, social and emotional intelligence and harmonious relationships. I practice loving kindness, respect, compassion, persistence, gratitude, creativity and joy. I am receptive to divine wisdom and conscious and divine community. Physically, my commitment to daily exercise and healthy eating keeps me strong and well. Emotionally, through daily meditation,

regular entries into my gratitude journal and intentional choices of positive thoughts and language, I attain inner calm. Intellectually, through meaningful reading, lectures, and workshops, my knowledge and wisdom grow ever deeper. Spiritually, the specific blocks of time I devote each day to prayer, learning and good deeds, leads me towards a 24/7 sense of connectedness. I am getting better all the time.”

Yael Trusch: Wow! Wow is all I have to say. Wait a minute, explain to me something. So, this mission statement, do you look at it every day? Is it framed in your kitchen? How does this work?

Frumma Rosenberg-Gottlieb: Well, I had it on the refrigerator because it's a place that I always go.

Yael Trusch: Right.

Frumma Rosenberg-Gottlieb: It's on my computer but I manage to overlook it when it's there.

Yael Trusch: Do you revise it often?

Frumma Rosenberg-Gottlieb: It's insane and it's a work in progress always, because we're works in progress always.

Yael Trusch: Yes.

Frumma Rosenberg-Gottlieb: Yeah.

Yael Trusch: Yes, and then it was very telling of the habits that you practice daily which is something that I wanted to get to. You obviously have set-up your days in a way that are conducive to being where you want to be.

You talked about a practice of prayer, you talked about a practice in meditation. Let's go through some of those habits. What are those – you do not have to go through all of them? But what are those some of the key things that you do habitually, consistently that helped you?

FRUMMA ROSENBERG-GOTTLIEB: That's a great question, you're an awesome interviewer, Yael.

Yael TRUSCH: Thank you.

FRUMMA ROSENBERG-GOTTLIEB: Okay. So, the first thing, there was a study done not very long ago at Harvard it actually took 75 years to accomplish on what defines happiness?

Yael TRUSCH: Yeah.

FRUMMA ROSENBERG-GOTTLIEB: And they found, they started with men who were 19 year old sophomores in college and they followed them through for 75 years and not all is with us anymore, and they found that absolutely, heads and shoulders above everything else was relationships.

Good relationships define joy in life. So, for example, I have a certain nonnegotiable time that I spend with my husband every day, it's essential in my life and nothing stands in the way of that. And that trickle out of work to get to because we always seem to think that our husbands are grown up like we are so we can put off that time and give it to the children.

Yael TRUSCH: Yes.

FRUMMA ROSENBERG-GOTTLIEB: But if we're not on the same page and if we're not cultivating our love, I don't think love is a thing, I think it's a verb. And I think that just like running, or spinning, or swimming, it's a verb that takes practice and that if we don't do it constantly we get out of shape. So, that's a non negotiable, having quality time with my husband.

Yael TRUSCH: You know that I had Sarah Chana Radcliffe on the show and she told me that a consistent regular date with your husband that has nothing to do with the budget, with the kids, with who's coming back from school, airport, airlines, all that stuff; is not just a nice thing to

do. She says, it's so important, she said to me, it's a thing that you have to do if you want to stay out of the therapist's office in the future.

FRUMMA ROSENBERG-GOTTLIEB: One hundred percent! And you know, it's not just for us everyday folks. You know, Lubavitcher Rebbe said that his time with his wife, was his daily time with his wife was a non-negotiable to him as putting on his tefillin, that's not.. right? So that's one of my habitual behaviors. Sometimes we do this thing called habit stacking where if you have one habit that you've acquired then if you can attach another one to it so there's more of a chance that you're going to succeed in the second one.

Yael Trusch: Yes. Self-improvement, yes.

FRUMMA ROSENBERG-GOTTLIEB: Yes. So, we try to combine our quality time with walking and so it's wonderful because you're out of the house, it doesn't cost anything.

Yael Trusch: Yes.

FRUMMA ROSENBERG-GOTTLIEB: No distractions. I don't take my phone with me, my husband does because he's a health professional and so sometimes people call who really need him, but that's just great, that walk. And also when you're walking you produce endorphins.

Yael Trusch: Exactly.

FRUMMA ROSENBERG-GOTTLIEB: And so you're automatically happier walking with your husband and sitting at the table looking at bagels or something. So, that's one habitual behavior. I pencil in, I shouldn't say pencil in, I write in time for my kids. I have, thank God I have seven grown children, and so if I didn't make time for them, it wouldn't be there.

Yael Trusch: Yes.

FRUMMA ROSENBERG-GOTTLIEB: And my grand children. I'm cultivating some pretty amazing relationships with grandchildren who will call me when they have an issue and they don't want to necessarily to discuss it with their parents.

Yael Trusch: How awesome.

FRUMMA ROSENBERG-GOTTLIEB: Because it will be a little bit more objective, a little bit, yeah, so I know that's something – Thursday nights I make contact with a lot of my teenage grandchildren just to keep it alive and to remember that I'm there and I love them. Other behaviors, the gym, my yoga classes and my Zumba, I love to dance, oh, I love to dance.

Yael Trusch: Me, too.

FRUMMA ROSENBERG-GOTTLIEB: It's just so important to be happy, to take care of yourself. I find that a lot of the women that I coach will sit and talk to me about how their husbands don't make them happy. As we get deeper into the conversation, I asked them what they are doing to make themselves happy.

Yael Trusch: Right.

FRUMMA ROSENBERG-GOTTLIEB: And they say, well, what do you mean? Who's responsible for yourself? Your husband? And I just feel that so much the success of a good marriage is self-care.

Yael Trusch: Yes.

FRUMMA ROSENBERG-GOTTLIEB: Which isn't about being selfish, it's about being selfless because you're making yourself into a better wife, a better mommy, etcetera because you're taking care of yourself and not harboring resentments. It's very hard to be doing Zumba and harboring resentments at the same time.

Yael Trusch: Yes, correct. Very nice. So those are three of your biggies. I love them and yes I totally agree with that. When I started dancing again, I hadn't danced or exercised regularly for many years and then I just started again and my husband s like, you got to keep doing this. Do you see how helpful it is? And he's a 100% right. So nobody's touching my Zumba class from my schedule.

Frumma Rosenberg-Gottlieb: And eating well? I take extra time to eat well. I think it takes extra will powering and extra consciousness to eat well, but I also think that every act of self-restraint is an act of self-respect. So, just the very fact that something that seems so nebulous and saying I'm not going to eat standing up, you become so much more conscious about what food you're putting into your mouth, and then you become more pleased with yourself because of the fact that you've exhibited this level of self-restraint.

And then that spills over into your relationships with your husband and your children because the more you love yourself, it says about *veahavta l'reacha kamocho*, you need to love your neighbor as you love yourself.

Yael Trusch: Right.

Frumma Rosenberg-Gottlieb: Who are your neighbors? Is your neighbor in bed? Is your neighbor in the house? It's your husband and your children so if you love them as you love yourself and you don't love yourself, you are not giving them very much.

Yael Trusch: Yes, you know what? It's so interesting, I heard Dina Hurwitz speak in Houston recently and she said to us that one thing that she thinks we all – this generation needs to work on which seems counter intuitive but it's actually self-love.

Frumma Rosenberg-Gottlieb: Naturally.

Yael Trusch: So, yeah. Frumma, I feel like talking to women, I found often three big triggers for – three big stress triggers and those are financial, shalom bayit, and parenting and you've just given us a lot of insight but maybe can you give us a short tip or word of wisdom regarding each of these three biggies in our lives?

Frumma Rosenberg-Gottlieb: Sure, the question is which one? We have limited time. In terms of marriage, I think that there's a great little twist on the 12 steps statement. God grant me the courage to change the things I can. So, I say, God give me the courage to change the people I can. The serenity to accept the people I cannot change is then to know, that that's me, the only person I can change is myself and so in terms of having a good marriage, I think that the thing that we really need to work on is our own sense of respect, patience, love, acceptance and not to try so hard to change our husbands.

Yael Trusch: Right.

Frumma Rosenberg-Gottlieb: Because we just can't, we just can't. But by changing ourselves, we can change the relationship and I'm not saying that that means to be a *shmata* as I say in Yiddish, that yes, we have to absolutely have boundaries and stand up for ourselves and articulate what it is that we want and need?

But can we do that in a way that's assertive and not aggressive? Can we do that in a way that's loving? Can we do that in a way where we're avoiding criticizing our husband? And we give them information without being a mother and telling them what to do? Because more than anything, a husband wants to make you happy. So, how can you tell him the things that are going to make you happy without him feeling guilty, inadequate, etcetera, and so forth? When you figure out how to do that, then he'll do his part and then it works out so much better. So, that's in term of marriage

I would also say that when we really get the fact that our marriage is probably the most important tool in our life that we have for our own self-

transformation and that is where all of our strength is really going to come from, when we start to put the energy into getting it right, so it becomes the priority, not one of our priorities.

And then that goes up into child rearing.

Yael Trusch: Yes.

Frumma Rosenberg-Gottlieb: So take it there. Which is that when we can raise our children with one voice, it's really powerful and when we can raise our children by cultivating the positive meaning, they're being very specific about, I noticed that you shared your Pringles with your brother yesterday that was really nice of you, instead of saying oh, you're a nice boy, I'm so proud of you. Getting really specific about just like the little mitzvah notes that people have to write in school, they're specific about what you see your kids doing that's positive. Catching them do something right, and trying to catch them doing something right at least once a day, every day. Not... trying to not be on the phone when they need you, that's a huge one.

Yael Trusch: It's like a big one now a days

Frumma Rosenberg-Gottlieb: Oh, my gosh. It's such a big one. They need to know that you love them more than anything in the world and that they're so important and it's really hard because there's so much competition.

My kids sent me a meme one day that said, I wish I could be like my parents' cell phone - that they looked at me lovingly all day long

Yael Trusch: Oh, gosh.

Frumma Rosenberg-Gottlieb: Yeah! Catch your kids doing something right, write it down. Model behavior to your kids of calm, and of gratitude, and trying work on showing them if we can show our children a sense of calm, so we're also showing them a sense of spirituality, a sense of trusting in God.

If we're panic all the time so it kind of give them this message that, well, we might believe in the rituals, as you said before, but maybe we don't believe in the essence that, you know, yeah.

Yael Trusch: Right and financials?

Frumma Rosenberg-Gottlieb: Financial? Goes right back to what I was just saying, I think, which is that at the beginning of the year, there's a certain amount of money that's set aside for us and no matter how hard we try, that's what we're getting.

So, to make financial things a factor, but not the factor, to not – the same way that we shouldn't define ourselves by other numbers like how much we'd weigh and what our dress size is and how old we are?

We shouldn't define ourselves by how much we have in the bank. And so, if financial things don't become a priority and shalom bayis becomes bigger than finances or quality time with children becomes bigger than finances, it take its proper perspective. It becomes something but not everything and then it becomes easier to work it out, work things out like, but I really need that new dress! But your husband just said, things are really tight and I'm feeling really tense and it seems you spend so much money at Nordstrom's every month.

So where's the place to step back there and stop and think to yourself, well, wow. If Shalom bayit is really the basket for all the blessings and including how much money is in the bank, alright, I'm not going to defend myself right now. I'm going to step back and say, wow, I hear you. You're saying that you're really feeling uptight about money; let me see where I can cut some corners.

Yael Trusch: Yes and it also goes back those values that you mentioned before, right? I always tell people, show me your bank statement and I'll show where your values are. Where you're putting your money is sadly where you might not realize but that's where you're putting your values and maybe you need to rethink that.

FRUMMA ROSENBERG-GOTTLIEB: Yeah.

Yael Trusch: Alright. Frumma, this has been amazing. Let's wrap it up with what I call JLP fill in the banks and everyone of my guess does this, and this is a part of the show when I give you an open-ended sentence and you fill it with the first thing that come to mind, okay?

FRUMMA ROSENBERG-GOTTLIEB: Okay.

Yael Trusch: Alright! I'm Frumma Rosenburg-Gottlieb and I feel most spiritual when?

FRUMMA ROSENBERG-GOTTLIEB: I stay in the now with trust and confidence that God loves me for exactly who I am.

Yael Trusch: Okay, I love that. By the way, Frumma, do you meditate everyday and if so for how long?

FRUMMA ROSENBERG-GOTTLIEB: I do but I don't meditate for very long because I don't have time for it. So again going back to this idea of, do you have time to meditate? It takes five minutes a day, five minutes. And I feel that... and during those five minutes I just work on coming into a harmony with my breath, breathing in, breathing out, relaxing, letting go and thinking to myself, Hashem runs the world. Hashem runs the world. Things are exactly the way they are meant to be and it gives me more effectiveness for going on with the rest of my day so I think I'm more efficient with everything else that I do, kind of just like tuning the screen on the TV and just putting the brightness and the contrast and just everything is a little bit clearer because remember, where I come from and who's nurturing me.

Yael Trusch: Yes my favorite mitzvah or when I feel most connected with is?

FRUMMA ROSENBERG-GOTTLIEB: I have to say its lighting Shabbat candles.

Yael Trusch: Beautiful.

Frumma Rosenberg-Gottlieb: I just love that. Just love it. It was the first one I saw when I went to that Shabbat in upstate New York and it just reminds me of who I am as a woman that I'm entrusted to bring in the Shabbat, I'm entrusted to bring the light into my house and entrusted a lamp lighter to the people around me by saying kind and empowering thing to them and that is powerful.

Yael Trusch: Very, very... My fondest sweetest Jewish memory is?

Frumma Rosenberg-Gottlieb: I think its Pesach two years ago.

Yael Trusch: Why? What was two years ago? What happened?

Frumma Rosenberg-Gottlieb: So my oldest son remarried few weeks before Pesach, he married a Reform rabbi. My middle daughter is married to a Carlebach rabbi, I have two sons who are extremely right conservative kinds of Lubavitchers and some kids who are classic Jewish princesses and I was now about to make it Seder for this entire group.

Yael Trusch: Eclectic would be the word to describe them.

Frumma Rosenberg-Gottlieb: I would call it a zoo, I would have to call it a zoo. This is our zoo and it was just so amazing to watch everybody get out of themselves and get into the group and just respect what was happening around them and have so much fun, we sang so much.

My Reformed daughter-in-law who's incidentally the head of Sage in Florida an amazing educator, brought all kinds of props to table. She threw plastic bugs all over the lettuce that I had just spent hours, you know, examining... my Carlebach son-in-law taught us a new song about Ma Nishtana and it was just really a rocking out song and all the teenagers just got into it and were singing and hugging and just the diversity and the joy of family and acceptance and the fact that we're all different and yet we're all one, it was just overwhelming. It was so beautiful I could cry thinking about it.

Yael Trusch: Beautiful. Something I wish I had learned about Judaism growing up is?

Frumma Rosenberg-Gottlieb: Something I wish I had learned about Judaism growing up is? You know, I think, modesty.

Yael Trusch: Wow!

Frumma Rosenberg-Gottlieb: Modesty. I grew up on a beach in Deal and I had a very exciting life and I just to have so much awe and respect for young Jewish brides who stand under the bridal canopy having never touched another man in your lives, how pure that is. There's nobody to compare them to, you know? It's just so beautiful. I wished that we had all had that purity in our lives. It's just is beautiful.

Yael Trusch: Beautiful. When I give Tzedakah, I like to give to?

Frumma Rosenberg-Gottlieb: I like to give to every place that I can afford to give.

Yael Trusch: And finally, I'm Frumma Rosenberg-Gottlieb, and today I'm most grateful for?

Frumma Rosenberg-Gottlieb: My family and my health and the wisdom that I've acquired over the years and having an attitude of gratitude

Yael Trusch: Frumma, you are wonderful. I'm so happy I had you. I loved having this conversation with you. Please come again and visit me.

Frumma Rosenberg-Gottlieb: Yeah that would be my pleasure, my pleasure.

Yael Trusch: Where do we find you?

Frumma Rosenberg-Gottlieb: Okay, I am – we just opened a new website called www.awesomeagingthebook.com.

Yael Trusch: Great.

FRUMMA ROSENBERG-GOTTLIEB: Which lets you get into my coaching and into my speaking. I have another older website that's just called Frumma, www.frumma.info, which is probably easier to remember but it's not as updated but again, there's an option there for getting involved with coaching and speaking and yeah!

Yael TRUSCH: Fantastic. Well, congratulations on the book. I can't wait to get my hands on it. Can we get it on Amazon also?

FRUMMA ROSENBERG-GOTTLIEB: You can get it on Amazon, absolutely.

Yael TRUSCH: Fantastic. Frumma, thank you so much.

FRUMMA ROSENBERG-GOTTLIEB: Thank you, Yael. A pleasure being with you.

[THEME MUSIC]

Yael TRUSCH: Thanks again to Frumma Rosenberg-Gottlieb for stopping by. Her website is www.awesomeagingthebook.com. You can download a free chapter of the book over there, find out all about coaching and speaking engagements with Frumma and her husband. The book is Awesome Aging and you can get it on Amazon or anywhere books are being sold. I think this is a must read for all of us regardless of our age so I'm going to start it right away. The reviews are amazing. I can't wait to put my hands on this book.

And also, appropriate for this time of year, I want to remind you to check www.rebekahsaltzman.com. You might remember Rebekah from Episode 27. Well, she's starting her course, Conquer your Clutter, in April 15 and offering all of you a \$100 off the purchase price with the code, JLP 100 at checkout.

During the 10 week challenge, you will learn how to clear your clutter for good, or conquer your clutter; I guess that's a better term. For good, for good. Para siempre. And FRUMMA: Rebekah is so confident about that

that she will give you \$30 back after you complete each challenge. What a great incentive to get to work, and finally, take control of your spaces. Yes, can get \$300 back over the course of the program and do not forget, that Jewish Latin Princess listeners and readers can claim a \$100 off the price with the code JLP 100 at checkout. Go check it out at www.rebekahsaltzman.com.

I hope you continue to have a great Passover week. I'll be out on trips with my family until Thursday, where I get to cook and prepare again for the last days of the holiday. The Holiday begins again on Thursday night so check your local Jewish calendar for Candle lighting times for Thursday and Friday. God-willing, I'll be back next week with the super cool, Mara Strom of Kosher on a Budget.

Have a Moadim I'Simcha.

[THEME MUSIC]

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