As we look inward over the course of the High Holy Days, we also seek wisdom that might guide us forward in our lives. The Journal sought life advice from thoughtful people in our community and elsewhere, including a few no longer with us, all of whose words are worth remembering.

Live an authentic life. Life is not a dress rehearsal.

— Nancy Mishkin, chairman of the board at the Tower Cancer Research Foundation, child of Holocaust survivors, former chairman of the board at Beit T’Shuvah