



## SPRING BOOKS 2016

### HOW TO BE HOLY

#### FIRST STEPS IN BECOMING A SAINT

Peter Kreeft

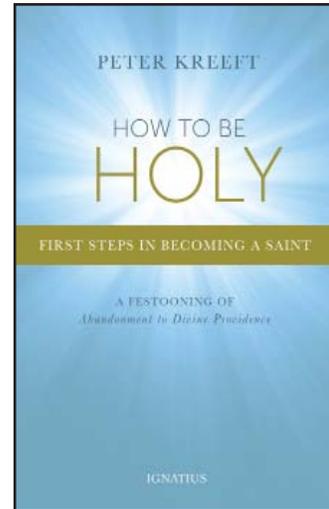
- 978-1-62164-102-5
- 175 pages, 5.25 x 8
- Sewn Softcover, \$16.95
- February 20
- Spirituality/Religion/Christianity

The popular, best-selling Kreeft says that “how to be holy, how to be a saint, is the most important topic I have ever written about. It’s the whole meaning of life, the ‘one thing necessary’”. That says a lot considering how prolific he has been as a writer. Yet, with his vast spiritual experience as a teacher and a writer, Kreeft says he is still a “beginner” on how to be holy, and that he wrote this book for other beginners.

Thus Kreeft uses the insights and experiences of the saints and great spiritual writers throughout history to show what holiness is and how to achieve it. He especially draws on, or “festoos” from, key points in the classic work by de Caussade, *Abandonment to Divine Providence*.

Kreeft stresses the simplicity of his approach to holiness, that his book is light on methodology and focuses mainly on the virtue of love, because “sanctity is love”, that love is the whole meaning of life, and why “in the evening of our life we will be judged on our love” (Saint John of the Cross). He says his presentation on holiness is a universal one that any theist can benefit from, be they Christian, Jew, or Muslim, because the essence of all authentic religion is holiness. We are all called to be saints, and as the acclaimed French writer Léon Bloy often said, “Life, in the end, has only one tragedy: not to have been a saint.”

Kreeft underscores that holiness will bring us what we all long for, true happiness, and deep joy. Among the topics he covers in this quest for holiness include: Faith & Reason, Prayer, Grace, Divine Providence, Suffering, Detachment, Duties, Surrender, Peace, Spiritual Warfare, Gratitude, and more.



### POINTS OF INTEREST

- The acclaimed writer and teacher presents an approach to attaining holiness that is simple, practical, proven and universal
- He draws on the insights and teachings of saints and great spiritual writers and works
- Kreeft writes in a style that connects with people of all ages and at all levels of society and culture

### AUTHOR

**Peter Kreeft, Ph.D.**, longtime Professor of Philosophy at Boston College, is one of the most widely read Christian authors of our time. His many bestselling books that cover a vast array of topics in spirituality, theology, philosophy, include: *Practical Theology*, *Back to Virtue*, *Because God Is Real*, *You Can Understand the Bible*, *Angels and Demons*, *Heaven: The Heart's Deepest Longing*, and *A Summa of the Summa*.

### PRAISE FOR *How to Be Holy*

“Dr. Peter Kreeft takes his formidable knowledge of theology and translates it into practical advice that can help anyone advance in the spiritual life. No one does that better than Kreeft. *How to Be Holy* is a rare book that will help you bring both your head and your heart to a deeper practice of your faith.”

– Jennifer Fulwiler, Author, *Something Other Than God*