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Learn how to be holy this Lenten season

Popular author releases new book that will help you along your path to sainthood

SAN FRANCISCO, Feb. 23, 2016 – In *HOW TO BE HOLY: First Steps in Becoming a Saint*, author Dr. Peter Kreeft lays out simple steps that will help anyone wanting to grow in holiness. An author of more than 75 books, Kreeft explains that this is the most important topic he’s ever written about — how one becomes holy or, to put it another way, how one becomes a saint.

While Kreeft admits that he is just a beginner on the road to holiness, he draws upon the insights and experiences of saints and great spiritual writers throughout history to show what holiness is and how it can be achieved. He especially draws upon the spiritual classic *Abandonment to Divine Providence* by Jean-Pierre de Caussade, S.J. The foundation of Caussade’s work is that God reveals himself to all of us through the daily events of our lives. The surest way to spiritual growth, then, is to recognize and accept God’s merciful will in every situation.

One example of a practical step to holiness is to look to “God as your guru.” Kreeft explains that even if you cannot understand why your guru gives you the unique tasks that He does, you can be assured of the reasons why, such as: “(1) He loves us so much that He wants the very best for us; (2) He is all-wise in knowing what is really best for us, in the long run; and (3) He is all-powerful in being able to arrange everything just right and to overcome every obstacle to that end.”

Kreeft also stresses the most important way to holiness — the simple, yet profound concept of love. He explains that love is an act of the will, “the will to the good of another,” and that is why God can command us to love. Kreeft writes: “This is another reason why holiness is so simple: It is only love.”

Kreeft makes it clear that everyone is called to holiness; everyone is called to be a saint. *HOW TO BE HOLY* can aid you in your journey.

“Anyone can benefit from the illuminating truth, timeless wisdom and affable encouragement found on each page of *HOW TO BE HOLY*,” says Patrick Madrid, radio host and author of *Why Be Catholic?*

For more information, to request a review copy or to schedule an interview with Dr. Peter Kreeft, please contact Kevin Wandra (404-788-1276 or KWandra@CarmelCommunications.com) of Carmel Communications.

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