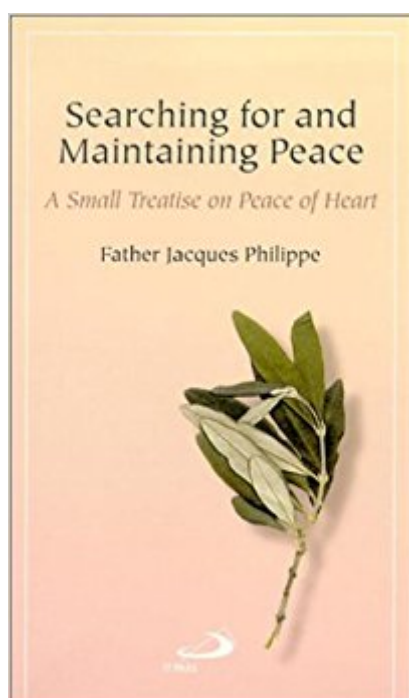


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# Searching For And Maintaining Peace: A Small Treatise On Peace Of Heart



## Synopsis

We live in an age characterized by agitation and lack of peace. This tendency manifests itself in our spiritual as well as our secular life. In our search for God and holiness, in our service to our neighbor, a kind of restlessness and anxiety take the place of the confidence and peace which ought to be ours. What must we do to overcome the moments of fear and distress which assail us? How can we learn to place all our confidence in God and abandon ourselves into his loving care? This is what is taught in this simple, yet profound little treatise on peace of heart. Taking concrete examples from our everyday life, the author invites us to respond in a Gospel fashion to the upsetting situations we must all confront. Since peace of heart is a pure gift of God, it is something we should seek, pursue and ask him for without cease. This book is here to help us in that pursuit.

## Book Information

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## Customer Reviews

I'm sure that anger management would still be fruitful, but key points that Philippe makes help to be conscious of what happens that cause us to lose peace, and what we must do to maintain it. It's very short and concise, so I won't spoil it. This little book was written and reads as smoothly as a lullaby (not that it was boring and made me sleepy. Rather, it was soothing to the spirit).

One of the most beautiful and consoling spiritual books I've EVER read. What a treasure!!! I can't even count how many times I've read it. I'm giving copies to nearly everyone I know. If you're suffering or struggling to accept your crosses in life, or feel hopeless or discouraged, then I truly can't recommend it highly enough. Every Catholic in the world should own a copy of this incredible

book. It is truly life-changing.

This is, without question, one of the best spiritual guides that I have ever read. What makes it so appealing is the conciseness of the book, the ease of reading and the application to anyone of any age or state in life (single, married, religious, old, young, etc...) Fr. Philippe's writing is beautiful, simple yet profound, humble and timeless. It has helped me place my struggles in perspective with the spiritual battle that goes on around us all day everyday. Would highly recommend!!! It makes a wonderful gift to family or friends of any faith background -- I have given it out to Catholics and non-Catholics.

One of my favorite books of all time. Fr. Philippe delivers solid advice for advancing in the spiritual life and maintaining peace in a turbulent world. I think of passages from this book frequently and revisit it on a regular basis. I've given copies to several friends and extensively highlighted my own copy.

A priest recommended this book to us, and I'm grateful to him for doing so. This is one of those books I can read every year and benefit from doing so. It's THAT GOOD, and I recommend it to anyone interested in deepening their faith and trust in God. It's ideal for Lent, for Advent, and for any time when you need to touch base with God about what He really wants from you. It's medicine and I'll be reading it again and asking God's blessings on the priest who recommended it.

Just buy it Seriously. It is thoroughly orthodox, straight to the point, and quite profound for its being so brief. It has made my top reads list, and that is saying something! The words and exhortations will assist you greatly in dealing with any stresses, worries, or anxieties. This little book is a big gem.

"This unrelenting anxiety is the greatest evil which can happen to the soul, sin only excepted." - St. Francis de Sales  
The above holds true especially in today's world, with so many different approaches to addressing mental and spiritual health. Fr. Jacques Philippe's work is concise, clear, and incredibly impactful; lightning in a blue sky. He not only discusses the abstract reasons why peace is essential to the spiritual life, but also goes into details on particular tactics you can use to respond to the ups and downs of the spiritual life. This is something that all Christians looking to develop or advance their spiritual life could use, but I would especially recommend it to young people (15-25), as they are in years of a lot of pressure and uncertainty leading up to adulthood.

Read one short chapter a day and use it as a topic to pray on. Hope you enjoy it as much as I did.

This is such a fantastic little book. I am not much of a reader, but this guy has been read by me about 4 times already. My husband credits this book with helping him realize he and I were supposed to be married :) HA! Seriously, though, it is small, not overly theological, and gives really practical help for cutting through the mess of this life to find the peace God wants for us all.

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