

Book Online The Last of August by Brittany Cavallaro

Always We Begin Again: The Benedictine Way of Living

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This perennial favorite proposes a sustainable framework to create a more stable and fulfilling work-life balance in an ever-busy, noisy world. Always We Begin Again is the work of an attorney with a busy commercial practice who searched for a truly balanced life and found the blueprint for it in a sixth-century text. After discovering St. Benedicts Rule, author John McQuiston II interpreted and restated the ancient system of spiritual living, enabling todays reader to understand and make use of its remarkable insights. While strict adherence to the Rule may be possible only in a monastic setting, its bedrock, the ordering of each day, is accessible to everyone who seeks an orderly structure to their bustling professional and personal life. The brief readings and meditations in this small book offer a bridge between a busy day and a moment of restorative and blessed silence. John McQuiston II takes the Benedictine rule and adapts it to the circumstances of contemporary life. McQuiston provides one of the practical tools available for the devout layperson who seeks daily Christian praxis within the strictures of a successful business of professional life. Publishers Weekly

tags:

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