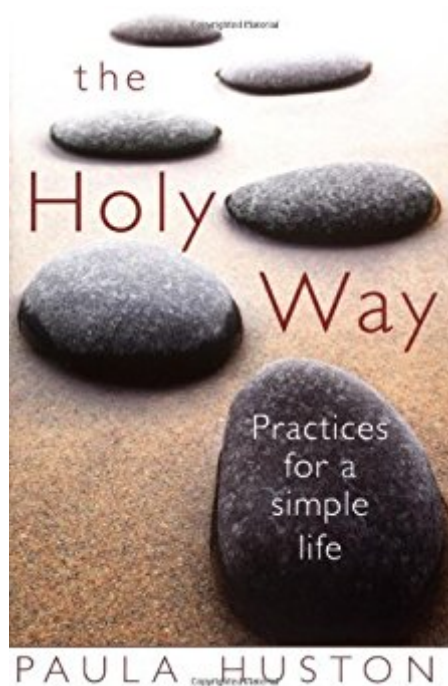




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# **The Holy Way: Practices For A Simple Life**



## Synopsis

“Using the Christian tradition of solitude, silence and contemplation as her foundation, Huston offers one of the best books available on living the simple life.” Publishers Weekly, starred review “This book will give solace and guidance to those who, like Paula Huston, have felt the interior call to simplicity, the intense gravitational pull of the God within.” Bruno Barnhart, Camaldolese monk and author, *Second Simplicity* An Invitation to a Simple, More Peaceful Life Is leading a simple life possible in a world of chaos and complexity? Driven by this searching question, Paula Huston, a busy forty-something college professor, wife, and mother, embarked on a spiritual journey to find a peaceful, less cluttered kind of life. *The Holy Way: Practices for a Simple Life* is the fruit of Huston’s arduous search. Two discoveries sustained her: that she herself could experience simple living just as a nearby community of Catholic monks did and, more important, that she could find the keys to such a life in the lives and writings of the great monastic saints. Drawing on these discoveries, Huston examines a variety of measures that point the way toward the practical, day-to-day simplicity of a life that so many desire.

## Book Information

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## Customer Reviews

We're all aware of the rising and widespread dissatisfaction with the noise and banality of modern consumer/celebrity culture, and resultant attempts to scale back, de-clutter, minimize, and tune out messages that celebrate material/sensory excess. With *The Holy Way*, Paula Huston demonstrates that this compulsion to seek purpose and meaning via simple living away from the standards of the mainstream is hardly a recent development, but part of an ongoing process that has existed for centuries. Using the lives of various saints and contemplatives to organize her chapters, Huston delves into silence, solitude, the rejection of greed and materialism, etc. to show where we've risked losing our ability to perceive the holy and meaningful in this brief life, and how to recover and recalibrate our senses. Throughout the book she offers her own experience and introspection, providing a candid glimpse of her attempts to incorporate the advice of contemplatives into her own life for the sake of clarity, serenity, and spiritual progression. The writing is from a Christian's perspective, but there is plenty of wisdom here for non-believers to consider (and no sense of triumphalism or proselytizing). Much more of a spiritual guide than a practical how-to in terms of simplifying one's life, Huston also remains politically neutral but her perspectives may not appeal to certain segments of Christianity, particularly those believers oriented towards Prosperity Theology (e.g. Joel Osteen) or the religious nationalism favored by many American evangelicals. Overall, I found this refreshing and a good spiritual supplement to simplicity guides geared more towards the practical aspects of the lifestyle. Worth a look.

Great book

Intelligent and provocative read. Does not read like an instruction manual yet provides logical guidelines on how to lead a simpler life. The author addresses all of her doubts and fears along her path. Loved this book.

I am halfway through my second read of this book, it is one of the most engaging I have read in many months. I live on an ancient Christian pilgrimage trail, and can see happening every day many of the ideas and concepts that Paula Huston explains in "The Holy Way." The world is moving toward a new way of living faith, informed and formed by monasticism and spiritual patterns laid down and lived by previous generations. Huston is prophetic and wise in guiding us through their

development and evolution, and laying out how contemporary believers can take up the ancient disciplines in a relevant and exciting way.

Enjoyed this book. I always find reading people's reflections and journey's of faith thought-provoking.

I couldn't put this book down. I plan on reading more of Paula Huston books. I related to a lot of "paths" Paula had in her life. Being about the same age made her journey very realistic to mine. It was a eye opener

I have way too many books on spirituality and the spiritual path in my library, all bought believing that it, as the next book, would finally have some answers. This one finally did. Paula Huston's book seemed to be written for me (a feeling evoked from all great books) to help and guide me through the spiritual path. I felt as if I was on the journey with her. Many authors write about the concept of the spiritual path; but few try to give a map and some lessons along the way. Paula does.

I enjoyed reading this book.

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