



How to Be Holy: First Steps in Becoming a Saint

By Peter Kreeft

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How to Be Holy: First Steps in Becoming a Saint By Peter Kreeft

"Life, in the end, has only one tragedy: not to have been a saint."
– Léon Bloy

The ever-popular and prolific Peter Kreeft says that the most important question he has written about is how one becomes holy; or to put it another way, how one becomes a saint. This question is central to all the great religions, Kreeft demonstrates, for striving toward holiness, moving toward perfect love, is the whole purpose of life.

Kreeft admits that he is only a beginner on the climb to holiness, and it is to novices like him that he has written this engaging and encouraging book. Using the insights and experiences of saints and great spiritual writers throughout history, Kreeft shows 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 core of Caussade's timeless gem is that God reveals himself to all of us through the daily events of our lives. The surest way toward spiritual growth, therefore, is by perceiving and accepting the merciful will of God in every situation.

Kreeft stresses the simplicity of his approach to holiness, which focuses mainly on the virtue of love. Sanctity is love, he asserts, and only that can give us what we all long for—deep and lasting joy.

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Editorial Review

Review

"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*

"Anyone can benefit from the illuminating truth, timeless wisdom, and affable encouragement found on each page of *How to Be Holy*." --**Patrick Madrid**, Radio host and Author, *Why Be Catholic?*

About the Author

Peter Kreeft, Ph.D., Professor of Philosophy at Boston College, is one of the most widely read Christian authors of our time. His many bestselling books cover a vast array of topics in spirituality, theology, and philosophy. They 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*.

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