

## Rise Up with a Listening Heart: Reflecting and Meditating with the Monks of New Skete



So often in the rush and bustle of our busyness, we miss the best of life---the sights and sounds and silences that can breathe new meaning into our experience of the world. In this collection of soul-filling meditations and stunning photographs, the Monks of New Skete once again reach out and reawaken the warmest places of our hearts, offering profound but simple lessons in the art of living well. A quiet call stirs the depths of who we are: Rise Up! Come then and rise up---with laughter and from sorrow, with good reading and with music. From doing nothing to catching the power of a breaking wave. Every awe-inspiring page of this book will give you fresh glimpses of the treasures of hope hidden in our daily lives. With their gentle guidance, the Monks of New Skete offer new strategies for turning sadness into meaning, loneliness into fulfillment, alienations into a renewed sense of belonging in this wondrous world.

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