

The Souls Upward Yearning Clues To Our Transcendent Nature From Experience And Reason Happiness Suffering And Transcendence

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions but you may not have had much luck answering them. Until now. In *The Way of the Superior Man* David Deida explores the most important issues in men's lives from career and family to women and intimacy to love and spirituality to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise.

Unbelievers, doubters and skeptics continue to attack the truths of Christianity. *Handbook of Catholic Apologetics* is the only book that categorizes and summarizes all the major arguments in support of the main Christian beliefs, including key distinctively Catholic doctrines. Also included is a Protestant-friendly treatment of Catholic-Protestant issues. The Catholic answers to Protestant questions show how Catholicism is the fullness of the Christian faith. An expanded, Catholic edition of the popular book *Handbook of Christian Apologetics*, *Handbook of Catholic Apologetics* is full of the wisdom and wit, clarity and insight of philosophers Peter Kreeft and Ronald Tacelli. This is an informative and valuable guidebook for anyone looking for answers to questions of faith and reason. Whether you are asking the questions yourself or want to respond to others who are, here is the resource you have been waiting for. Topics include: Faith and reason, The existence of God, God's nature, Creation and evolution, Providence and free will, Miracles, Problem of evil, Bible's historical reliability, Divinity of Christ, Christ's resurrection, Life after death, Heaven, hell, purgatory, Salvation, Christianity and other religions, Objective truth, Sacramentalism, The Eucharist and the Real Presence of Jesus, Mary's role in the Christian order, The authority of the Church, Communion of saints, Faith and works, Catholicism as Complete Christianity.

Be aware when you are being manipulated or abused; understand how your past can influence your reactions to people now; identify your own 'jerk' tendencies; develop and nurture mature relationships based on respect.

The indispensable guidebook to help the well-meaning guest when visiting other people's religious ceremonies - updated and revised. New edition We North Americans live in a remarkably diverse society, and it's increasingly common to be invited to a wedding, funeral or other religious service of a friend, relative or coworker whose faith is dif...

Greece in the age of Heroes. Patroclus, an awkward young prince, has been exiled to the kingdom of Phthia. Here he is nobody, just another unwanted boy living in the shadow of King Peleus and his golden son, Achilles. Achilles, 'best of all the Greeks', is everything Patroclus is not - strong, beautiful, the child of a goddess - and by all rights their paths should never cross. Yet one day, Achilles takes the shamed prince under his wing and soon their tentative companionship gives way to a steadfast friendship. As they grow into young men skilled in the arts of war and medicine, their bond blossoms into something far deeper - despite the displeasure of Achilles's mother Thetis, a cruel and deathly pale sea goddess with a hatred of mortals. Fate is never far from the heels of Achilles. When word comes that Helen of Sparta has been kidnapped, the men of Greece are called upon to lay siege to Troy in her name. Seduced by the promise of a glorious destiny, Achilles joins their cause, Torn between love and fear for his friend, Patroclus follows Achilles into war, little knowing that the years that follow will test everything they have learned, everything they hold dear. And that, before he is ready, he will be forced to surrender his friend to the hands of Fate. Profoundly moving and breathtakingly original, this rendering of the epic Trojan War is a dazzling feat of the imagination, a devastating love story, and an almighty battle between gods and kings, peace and glory, immortal fame and the human heart.

How do we make sense of life? How should we treat others? How should we reasonably be expected to be treated by others? When human life is at stake, are there reasonable principles we can rely on to guide our actions? How should our laws be framed to protect human life? What kind of society should be built? Many people rely on their religious beliefs to answer these questions. But not everyone accepts the same religious premises or recognizes the same spiritual authorities. Are there public arguments/reasons that can be given that do not presuppose agreement on religious grounds or common religious commitments that can guide our thoughts and actions, as well as our laws and public policies? In *Ten Universal Principles: A Brief Philosophy of the Life Issues*, Jesuit Father Robert Spitzer sets out, in a brief, yet highly-readable and lucid style, ten basic principles that must govern the reasonable persons thinking and acting about life issues. A highly-regarded philosopher, Father Spitzer provides an intelligent outline for thinking and talking about human life. This book is a powerful tool for persuasively articulating and effectively inculcating a pro-life philosophy.

God, who said, "Let light shine out of darkness," has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. 2 Corinthians 4:6 This book is a cry from the heart of John Piper. He is pleading that God himself, as revealed in Christ's death and resurrection, is the ultimate and greatest gift of the gospel. None of Christ's gospel deeds and none of our gospel blessings are good news except as means of seeing and savoring the glory of Christ. Forgiveness is good news because it opens the way to the enjoyment of God himself. Justification is good news because it wins access to the presence and pleasures of God himself. Eternal life is good news because it becomes the everlasting enjoyment of Christ. All God's gifts are loving only to the degree that they lead us to God himself. That is what God's love is: his commitment to do everything necessary (most painfully the death of his only Son) to enthrall us with what is most deeply and durably satisfying—namely, himself. Saturated with Scripture, centered on the cross, and seriously joyful, this book leads us to satisfaction for the deep hungers of the soul. It touches us at the root of life where practical transformation gets its daily power. It awakens our longing for Christ and opens our eyes to his beauty. Piper writes for the soul-thirsty who have turned away empty and in desperation from the mirage of methodology. He invites us to slow down and drink from a deeper spring. "This is eternal life," Jesus said, "that they know you the only true God, and Jesus Christ whom you have sent." This is what makes the gospel—and this book—good news.

Scholars, journalists, and politicians uphold Muslim-ruled medieval Spain—"al-Andalus"—as a multicultural paradise, a place where Muslims, Christians, and Jews lived in harmony. There is only one problem with this widely accepted account: it is a myth. In this groundbreaking book, Northwestern University scholar Darío Fernández-Morera tells the full story of Islamic Spain. The

Myth of the Andalusian Paradise shines light on hidden features of this medieval culture by drawing on an abundance of primary sources that scholars have ignored, as well as archaeological evidence only recently unearthed. This supposed beacon of peaceful coexistence began, of course, with the Islamic Caliphate's conquest of Spain. Far from a land of tolerance, Islamic Spain was marked by religious and therefore cultural repression in all areas of life, and by the marginalization of Christians and other groups—all this in the service of social control by autocratic rulers and a class of religious authorities. As professors, politicians, and pundits continue to celebrate Islamic Spain for its "multiculturalism" and "diversity," Fernández-Morera sets the record straight—showing that a politically useful myth is a myth nonetheless.

For Christians, the issues raised by the different views on creation and evolution are challenging. Can a "young earth" be reconciled with a universe that appears to be billions of years old? Does scientific evidence point to a God who designed the universe and life in all its complexity? Three Views on Creation and Evolution deals with these and similar concerns as it looks at three dominant schools of Christian thought. Proponents of young earth creationism, old earth creationism, and theistic evolution each present their different views, tell why the controversy is important, and describe the interplay between their understandings of science and theology. Each view is critiqued by various scholars, and the entire discussion is summarized by Phillip E. Johnson and Richard H. Bube. The Counterpoints series provides a forum for comparison and critique of different views on issues important to Christians. Counterpoints books address two categories: Church Life and Bible and Theology. Complete your library with other books in the Counterpoints series.

Who knoweth the spirit of men that goeth upward, and the spirit of the beast that goeth downward to the earth? —Ecclesiastes 3:21 Okay, they did resemble elephants, it can't be denied. That led many people to underestimate the Nildoror and their obviously more fearsome commensals, the Sulidoror. But aliens should never be judged by human standards, as the Company learned to its cost when Holman's World, now once again known as Belzagor, was given back to the natives and the Company sent packing. Now Edmund Gunderson, once head of the Company's operation on this world, has come back across the galaxy to settle old scores with the Nildoror. If he can even get them to acknowledge his existence. Downward to the Earth is a classic from the golden age of Robert Silverberg's career in the 1970s. His homage to Joseph Conrad's Heart of Darkness, it remains as fresh and powerful today as the day it was written. Our Orb edition will have a map of Gunderson's journey across Belzagor and a new introduction by the author. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

In this volume the brilliant Fr. Spitzer probes in detail the major question that if an intelligent Creator God – manifest in logical proofs, scientific evidence, and near death experiences - who is the source of our desire for the sacred, and the transcendental desires for truth, love, goodness, and beauty, would want to reveal himself to us personally and ultimately. He then shows this is reasonable not only in light of our interior experience of a transcendent Reality, but also that a completely intelligent Reality is completely positive--implying its possession of a completely positive virtue – namely "love", defined as agape. This leads to the question whether God might be unconditionally loving, and if he is, whether he would want to make a personal appearance to us in a perfect act of empathy – face to face. After examining the rational evidence for this, he reviews all world religions to see if there is one that reveals such a God – an unconditionally loving God who would want to be with us in perfect empathy. This leads us to the extraordinary claim of Jesus Christ who taught that God is "Abba", the unconditionally loving Father. Jesus' claims go further, saying that He is also unconditional love, and that his mission is to give us that love through an act of complete self-sacrifice. He also claims to be the exclusive Son of the Father, sent by God to save the world, and the one who possesses divine power and authority. The rest of the book does an in-depth examination of the evidence for Jesus' unconditional love of sinners, his teachings, his miracles, and his rising from the dead. As well as the evidence for Jesus' gift of the Holy Spirit that enabled his disciples to perform miracles in his name, and evidence for the presence of the Holy Spirit today. If this strong evidence convinces us to believe that Jesus is our ultimate meaning and destiny, and desire His saving presence in our lives, that evidence should galvanize the Holy Spirit within us to show that Jesus is Lord and Savior, "the way, the truth, and the life." And our faith in him will transform everything we think about our nature, dignity, and destiny– and how we live, endure suffering, contend with evil, and treat our neighbor.

#1 NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE • Look for special features inside. Join the Random House Reader's Circle for author chats and more. In boyhood, Louis Zamperini was an incorrigible delinquent. As a teenager, he channeled his defiance into running, discovering a prodigious talent that had carried him to the Berlin Olympics. But when World War II began, the athlete became an airman, embarking on a journey that led to a doomed flight on a May afternoon in 1943. When his Army Air Forces bomber crashed into the Pacific Ocean, against all odds, Zamperini survived, adrift on a foundering life raft. Ahead of Zamperini lay thousands of miles of open ocean, leaping sharks, thirst and starvation, enemy aircraft, and, beyond, a trial even greater. Driven to the limits of endurance, Zamperini would answer desperation with ingenuity; suffering with hope, resolve, and humor; brutality with rebellion. His fate, whether triumph or tragedy, would be suspended on the fraying wire of his will. Appearing in paperback for the first time—with twenty arresting new photos and an extensive Q&A with the author—Unbroken is an unforgettable testament to the resilience of the human mind, body, and spirit, brought vividly to life by Seabiscuit author Laura Hillenbrand. Hailed as the top nonfiction book of the year by Time magazine • Winner of the Los Angeles Times Book Prize for biography and the Indies Choice Adult Nonfiction Book of the Year award “Extraordinarily moving . . . a powerfully drawn survival epic.”—The Wall Street Journal “[A] one-in-a-billion story . . . designed to wrench from self-respecting critics all the blurby adjectives we normally try to avoid: It is amazing, unforgettable, gripping, harrowing, chilling, and inspiring.”—New York “Staggering . . . mesmerizing . . . Hillenbrand's writing is so ferociously cinematic, the events she describes so incredible, you don't dare take your eyes off the page.”—People “A meticulous, soaring and beautifully written account of an extraordinary life.”—The Washington Post “Ambitious and powerful . . . a startling narrative and an inspirational book.”—The New York Times Book Review “Magnificent . . . incredible . . . [Hillenbrand] has crafted another masterful blend of sports, history and overcoming terrific odds; this is biography taken to the nth degree, a chronicle of a remarkable life lived through extraordinary times.”—The Dallas Morning News “An astonishing testament to the superhuman power of tenacity.”—Entertainment Weekly “A tale of triumph and redemption . . . astonishingly detailed.”—O: The Oprah Magazine “[A] masterfully told true story . . . nothing less than a marvel.”—Washingtonian “[Hillenbrand tells this] story with cool elegance but at a thrilling sprinter's pace.”—Time “Hillenbrand [is] one of our best writers of narrative history. You don't have to be a sports fan or a war-history buff to devour this book—you just have to love great storytelling.”—Rebecca Skloot, author of The Immortal Life of Henrietta Lacks

"There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."— Hamlet After William Shakespeare's Horatio sees the ghost of Hamlet's father, and scarcely believes his own eyes, Hamlet tells him that there is more to reality than he can know or imagine, including ghosts. Hamlet's statement suggests that the walls of the material world, which we perceive with our senses and analyze with our intellects, have doors that open into the More beyond them. Philosopher Peter Kreeft explains in this book that the More includes "The Absolute Good, Platonic Forms, God, gods, angels, spirits, ghosts, souls, Brahman, Rta (the Hindu ontological basis for cosmological karma), Nirvana, Tao, 'the will of Heaven', The Meaning of It All, Something that deserves a capital letter." With razor-sharp reasoning and irrepressible joy, Kreeft helps us to find the doors in the walls of the world. Drawing on history, physical science, psychology, religion, philosophy, literature, and art, he invites us to welcome what lies on the other side so that we can begin living the life of Heaven in the here and now.

Amends the doubts and misconceptions held by many regarding the infallibility, reliability, and historicity of the Bible as the inspired Word of God.

Western culture has been moving away from its Christian roots for several centuries but the turn from Christianity accelerated in the 20th century. At the core of this decline is a loss of a sense of our own transcendence. Scientific materialism has so seriously impacted our belief in human transcendence that many people find it difficult to believe in God and the human soul. This anti-transcendent perspective has not only cast its spell on the natural sciences, psychology, philosophy, and literature, it has also negatively impacted popular culture through the writings of Richard Dawkins, Daniel Dennett, and many others. The warning signs of this loss of transcendence have been expressed by thinkers as diverse as Carl Jung (psychiatrist), Mircea Eliade (historian of religion), Gabriel Marcel (philosopher), C.S. Lewis and J.R.R. Tolkien. These warnings were validated by a 2004 study in the American Journal of Psychiatry which showed that the absence of religion alone was responsible for a marked increase in suicide rates, sense of meaninglessness, substance abuse, separation from family, and other psychiatric problems. Thus, the loss of transcendence is negatively affecting not only individuals' sense of happiness, dignity, ideals, virtues, and destiny, but also the culture. Ironically, the evidence for transcendence is greater today than in any other period in history. The problem is – this evidence has not been compiled and propagated. Fr. Spitzer's book provides a bright light in the midst of this cultural darkness by presenting both traditional and contemporary evidence for God and a transphysical soul from several major sources. He also shows how human consciousness and intelligence is completely special – and cannot be replicated by artificial intelligence or animal consciousness. We are transcendent beings with souls capable of surviving bodily death – self-reflective beings aware of perfect truth, love, goodness, and beauty. We are beings with an unrestricted capacity to know and create science, law, culture, art, music, literature, and so much more. The evidence reveals that we have the dignity of being created in the very image of God, and if we underestimate it, we will undervalue one another, underlive our lives, and underachieve our destiny. This work is the most comprehensive treatment of human transcendence available today.

The best-selling workbook and grammar guide, revised and updated! Hailed as one of the best books around for teaching grammar, The Blue Book of Grammar and Punctuation includes easy-to-understand rules, abundant examples, dozens of reproducible exercises, and pre- and post-tests to help teach grammar to middle and high schoolers, college students, ESL students, homeschoolers, and more. This concise, entertaining workbook makes learning English grammar and usage simple and fun. This updated Twelfth Edition reflects the latest updates to English usage and grammar and features a two-color design and lay-flat binding for easy photocopying. Clear and concise, with easy-to-follow explanations, offering "just the facts" on English grammar, punctuation, and usage Fully updated to reflect the latest rules, along with quizzes and pre- and post-tests to help teach grammar Ideal for students from seventh grade through adulthood in the US and abroad For anyone who wants to understand the major rules and subtle guidelines of English grammar and usage, The Blue Book of Grammar and Punctuation offers comprehensive, straightforward instruction.

When it is taught today, metaphysics is often presented as a fragmented view of philosophy that ignores the fundamental issues of its classical precedents. Eschewing these postmodern approaches, W. Norris Clarke finds an integrated vision of reality in the wisdom of Aquinas and here offers a contemporary version of systematic metaphysics in the Thomistic tradition. The One and the Many presents metaphysics as an integrated whole which draws on Aquinas' themes, structure, and insight without attempting to summarize his work. Although its primary inspiration is the philosophy of St. Thomas himself, it also takes into account significant contributions not only of later philosophers but also of those developments in modern science that have philosophical bearing, from the Big Bang to evolution.

Responding to contemporary popular atheism, Robert J. Spitzer's New Proofs for the Existence of God examines the considerable evidence for God and creation that has come to light from physics and philosophy during the last forty years. An expert in diverse areas, including theology, physics, metaphysics, and ethics, Spitzer offers in this text the most contemporary, complete, and integrated approach to rational theism currently available. "Skepticism about the possibility of proving the existence of God often relies on data from modern science. In this splendid new book Father Robert Spitzer explores the implications of the latest discoveries in big bang cosmology, string theory, quantum physics, and the ontology of time to craft a series of convincing philosophical arguments. To paraphrase a popular commercial, this is not your father's old 'natural theology' textbook – it's a gripping and compelling account of the best current arguments for theism." – Joseph W. Koterski, S.J., Foidham University "A most original and insightful case for the existence of God.... Fr. Spitzer's new proofs pose a serious and compelling challenge to the unconscious hegemony of naturalism in the worlds of both philosophy and the sciences." – Francis J. Beckwith, Baylor University "Rare is the theologian who keeps abreast of the latest developments in fundamental physics, and even rarer the one who can discuss them with the theological and philosophical sophistication that Fr. Spitzer displays in this book. A challenging and original work." – Stephen M. Barr, University of Delaware, author of Modern Physics and Ancient Faith

The Soul's Upward Yearning Clues to our Transcendent Nature from Experience to Reason Ignatius Press

Many organizations have invested in the skills and structures of change, but have forgotten the more intangible quality of spirit. As a result, their changes have been short-lived, their adaptability slow, and their ability to move to the "next level" nonexistent. The absence of spirit (even with all the right skills and structures) has prevented these organizations from developing a self-motivated desire to change for the common good. Indeed, the absence of spirit has led to abject resistance to change.

In The Whitetale Advantage - Understanding Deer Behavior for Hunting Success, the two top deer biologists in the country explain how to become a better hunter by taking basic science of

deer biology and behavior and relating it to hunters in a way that will help them achieve greater success and enjoyment from hunting whitetail.

One of the hottest topics in contemporary culture is happiness—so much so that the United Nations declared an International Happiness Day in response to the immense popularity of Pharrell Williams' song "Happy". The explanation for this current fixation seems to lie in the contrary phenomenon—unhappiness. Despite the fact that we have tremendous access to every imaginable form of entertainment, we experience a pervading sense of insecurity, emptiness, and malaise amid sporadic peak experiences. The problem seems to lie less in the external environment than in the internal one. We seem, in the words of Viktor Frankl, to be suffering from an absence of meaning that pervades both individuals and societies, giving rise to a collective emptiness, loneliness, and alienation. Finding True Happiness attempts to provide a way out of this personal and cultural vacuum by helping people to identify and then reach for happiness. As Aristotle noted 2,400 years ago, happiness is the one thing we can choose for its own sake—everything else is chosen for the sake of happiness. After an exhaustive investigation of philosophical, psychological, and theological systems of happiness, author Fr. Spitzer developed the "Four Levels of Happiness", which he based on the classical thinkers Plato, Aristotle, Augustine, and Aquinas; the contemporary philosophers Marcel, Scheler, Buber, Ricoeur, and Jaspers; and the modern psychologists Maslow, Frankl, Erikson, Seligman, Kohlberg and Gilligan. Finding True Happiness is both a philosophical itinerary and a practical guidebook for life's most important journey—from the mundane and the meaningless to transcendent fulfillment. No other book currently available combines such breadth of practical advice and such depth of philosophical, psychological, and spiritual wisdom.

The world is full of interesting people, and it has been George Weigel's good fortune to have known many such personalities in a variety of fields: politics, religion, the arts and sciences, journalism, the academy, entertainment, and sports. In this collection of reminiscences and elegies, the best-selling author of the definitive biography of Pope Saint John Paul II remembers these men and women from inside the convictions that formed them. Whether he is sketching the lives of Nobel Prize-winning scientists, major league baseball managers, princes of the Church, television personalities, or history-making political leaders, Weigel tries to understand, and help readers understand, the deep truths of the human condition illuminated by each of these not-forgotten lives. Written with verve, insight, and an appreciation for the consequential lives that have touched his own, Not Forgotten fills out the autobiographical portrait that George Weigel began painting in Lessons in Hope: My Unexpected Life with Saint John Paul II, while offering a backstage view of some of the men and women who have shaped the turbulent history of our times. The 60 intriguing lives that he writes about are a wide diversity of unique characters and personalities, including Albert Einstein, William F. Buckley, Flannery O'Connor, Franz Jägerstätter, John Paul II, Jackie Robinson, Charles Krauthammer, Sophie Scholl, Henry Hyde, James Schall, S.J., Dietrich Von Hildebrand, Charles Colson, Fr Richard J. Neuhaus and many more.

In Brain Wars, acclaimed neuroscientist Mario Beauregard reveals compelling new evidence set to provoke a major shift in our understanding of the mind-body debate: research showing that the mind and consciousness are transmitted and filtered through the brain—but are not generated by it. Following his boundary-breaking neuroscience book The Spiritual Brain: A Neuroscientist's Case for the Existence of the Soul, coauthored with Denyse O'Leary, Brain Wars makes a powerful and provocative case against the widely held view equating human beings to complex biological computers. Like Jeffrey M. Schwartz, Beauregard believes that consciousness is more than simply a physical process that takes place in the brain. And here, he presents the evidence to prove it. Brain Wars will revolutionize the way we think about thinking forever.

Spiritual writer, theologian, and philosopher Jesuit Fr. Robert Spitzer tackles the topic of recognizing and overcoming spiritual evil. His focus is the human heart. His goal: our moral and spiritual transformation, which leads to true peace and genuine happiness. The book is divided into two main parts: the realities of God's goodness and of spiritual evil, and recognizing and overcoming diabolical tactics, which range from temptation and deception to the Deadly Sins. Father Spitzer shows readers how to experience God's peace even during times of suffering and persecution. He examines the basics of the spiritual life and Christian mysticism, including the contemplative dimension. He explains the purgative, illuminative, and unitive aspects of spirituality, as well as the Lord's consolation and the passive Dark Night of the Spirit. Father Spitzer provides the biblical and theological background of Jesus' victory over Satan. The author also explores the reality of the Devil, including extraordinary manifestations of diabolic activity such as possession. He recalls the true story of the famous possession case on which the novel and film The Exorcist were based. In the final sections of the book the author explains: how diabolical spiritual forces operate how temptation works, and what to do to defeat it the "deadly sins" and how to overcome them

Father Spitzer, President of the Magis Institute and former President of Gonzaga University, has been using the principles in this book to educate people of all backgrounds in the philosophy of the pro-life movement. The tremendous positive response he has received inspired him to start the Life Principles Institute. This book is one of the key resources used for this program. This work effectively draws out the connections between personal attitudes toward happiness and the meaning of life, and the larger cultural issues such as freedom and human rights. Relying on the wisdom of the ages and respecting the human persons' unique capacity for rational analysis, this work offers definitions of the key cultural terms affecting life issues, including Happiness, Success, Love, Suffering, Quality of Life, Ethics, Freedom, Personhood, Human Rights and the Common Good.

Dr. Bob Arnot, the bestselling author of The Aztec Diet, shows you how to use the power of America's favorite drink—coffee—to achieve improved health, longevity, mental clarity and weight loss in this unique, groundbreaking wellness guide. For years, we've been told that coffee was bad for our health. But new research reveals that, consumed properly, coffee can be the healthiest, tastiest part of your day. It can sharpen your focus, jumpstart your workout, help you lose weight, and even help fend off disease, from diabetes and liver disease to heart disease and Parkinson's. In this revolutionary handbook, Dr. Bob Arnot explains how coffee became a staple of the human diet, and reveals why having a

cup is the best thing you can do each day. He also teaches you how to find the best beans from around the world and how to create the best brew and food pairings. The Coffee Lover's Diet includes a full diet plan with corresponding recipes to ensure you get the full benefits of this miracle bean—in the right amounts and in a variety of ways—as well as tips for putting all of this invaluable information and advice to work to help you shed pounds, gain energy, and make the healthiest choices every day.

In this second volume of the Called Out of Darkness trilogy, Father Robert Spitzer, S.J., draws together some of the best advice given by Catholic spiritual masters across the ages and brings it into harmony with modern scientific research, offering practical ways to live out the gospel in our busy days. It is a roadmap to a deeper relationship with the Lord and to authentic transformation through the imitation of Christ. Giving evidence that Jesus established just one Church, with Peter as its head, Spitzer shows that the Catholic Church—with its rich array of sacraments, teachings, prayer traditions, and lived examples of holiness—continues to be fertile ground for profound Christian conversion. But no true conversion is purely spiritual; it must bear fruit in our daily lives. Father Spitzer guides readers through the workings of moral transformation, with detailed sketches of all the cardinal and theological virtues, especially love. Using insights from Saint Ignatius of Loyola, as well as from modern psychology, *Escape from Evil's Darkness* concludes with an in-depth study of the sacrament of confession and the staggering power of God's loving mercy.

God's love is the subject of Peter Kreeft's imaginative and thoughtful book (a revised and updated version of his book *Knowing the Truth of God's Love*). With unusual clarity, Kreeft points out that the man or woman who begins to glimpse the God who is Creator, Redeemer, and Lover of our souls, will never be the same. He describes Scripture as God's love story and then tells why divine love is the answer to our deepest problems and the fulfillment of our deepest desires. Posing the hard questions about love that rankle the heart, Peter Kreeft never settles for easy answers. He exposes today's superficial attitudes about love to lead people to a deeper understanding of what it means to be loved by God, addressing these issues and many more: •How can I really know God's love for me? •If God is love, why do bad things happen to good people?

Fr. Spitzer, President of Gonzaga University and a highly regarded spiritual teacher and writer, presents a practical, yet rich guide for helping busy people develop a regular and deeper prayer life. Based on many successful retreats and seminars he has given to much acclaim over the years, this brilliant Jesuit priest presents five essential means through which the contemplative and active aspects of our lives can be fused together for a stronger spiritual life.

The Next Jihad draws from the on-the-ground experience and personal testimonials of two of the world's leading advocates for religious freedom and human rights—one Jewish and one Christian—as they explain what's happening to Christians across Africa, why it matters, and what must be done now. Although news of Christians being killed overseas hits major media outlets from time to time, the news quickly fades away while our fellow believers continue to suffer. Johnnie Moore, as he has done before, wants to awaken the church and American politicians to the daily horrors happening to Christians, focusing this time on Africa. While the world has been fixated on jihadist threats in the Middle East, terrorists from Nigeria to Kenya have had free reign to massacre on a scale far beyond that of the terrorists in Iraq and Syria. Whole villages have been razed, mothers and children have been grotesquely killed, and an unabashed effort at ethnic cleansing has been embarked upon with unrelenting resolve. Their intention is to rid Africa of its Christians, either by forced conversion to Islam or by destruction and murder.

Why would an all-loving God allow suffering? Are not suffering and love opposed to one another? Does suffering have any meaning or benefit? Is there any objective evidence for God, for a soul that will survive bodily death, for the resurrection of Jesus? Who is God anyway – benevolent and loving, or angry and retributive? Fr. Robert Spitzer, S.J., gives a comprehensive response to these questions and many others, explaining the contemporary evidence for God, the soul, and the resurrection. He discusses how God uses suffering to lead us to compassion for others and eternal life. He also shows how the Holy Spirit guides us through times of suffering toward our salvation, explaining the signs and the interior movements that reveal the Spirit's actions. Fr. Spitzer not only addresses the perplexing questions associated with suffering but teaches us how to suffer well. He points out some of the most common mistakes people make when trying to interpret God's motives for allowing or alleviating suffering. He demonstrates why suffering – in combination with love – is one of the most powerful motivating agents for personal, cultural, and societal development.

In the tradition of *Guns, Germs, and Steel* and *Sapiens*, a winner of the Royal Society Prize for Science Books shows how four tools enabled us humans to control the destiny of our species "A wondrous, visionary work"--Tim Flannery, scientist and author of the bestselling *The Weather Makers* What enabled us to go from simple stone tools to smartphones? How did bands of hunter-gatherers evolve into multinational empires? Readers of *Sapiens* will say a cognitive revolution -- a dramatic evolutionary change that altered our brains, turning primitive humans into modern ones -- caused a cultural explosion. In *Transcendence*, Gaia Vince argues instead that modern humans are the product of a nuanced coevolution of our genes, environment, and culture that goes back into deep time. She explains how, through four key elements -- fire, language, beauty, and time -- our species diverged from the evolutionary path of all other animals, unleashing a compounding process that launched us into the Space Age and beyond. Provocative and poetic, *Transcendence* shows how a primate took dominion over nature and turned itself into something marvelous.

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