



THE LOVE THAT
KEEPS US SANE
*living the little way of
St. Thérèse of Lisieux*

BY
MARC FOLEY, O.C.D.

Love That Keeps Us Sane

Alfred Plummer



Love That Keeps Us Sane:

The Love That Keeps Us Sane Marc Foley, 2000 Seeing life in light of Eternity This is not a book about using Th r se s little way as a path to holiness Th r se s spirituality is often dismissed as cloyingly sweet and sentimental useless for modern seekers This new IlluminationBook uncovers how Th r se s sweetness was just a stylistic convention expected in the religious writing of her day Beneath the form says the author is a straightforward spirituality that offers a practical concrete and very realistic method for preserving one s sanity in an often insane world At the heart of Th r se s method is learning how to keep one s perspective by seeing all things in light of eternity seeing all things the way God sees This enables one to live more authentically and more attentively The method helps readers to become involved in life without being absorbed by it to love without becoming enmeshed and to deal with life s absurdities without losing faith or peace of mind Five simple everyday choices help foster this perspective and transform ordinary life into moments of true grace Those already devoted to the Little Flower will love this fresh new look at her spirituality In addition the book makes for enlightening and perhaps surprising reading for pastors clergy and religious directors of religious ed retreat directors chaplains and family counselors The principle of viewing life in light of eternity can also provide comfort and relief for parents dealing with children for those experiencing change or loss and for people in therapy

The Context of Holiness: Psychological and Spiritual Reflections on the Life of St. Thérèse of Lisieux Marc Foley, 2020-03-27 This book explores both the psychological and spiritual dimensions of the life of St Th r se of Lisieux The basic premise of this book is that the spiritual life is not an encapsulated sphere cloistered from the realities of our human existence Rather it is our response to God within the physical psychological social and emotional dimensions of life St Th r se did not grow in holiness apart from the human condition Like all of us she was emotionally scarred by the fragileness of life She was deeply wounded by the death of her mother at the age of four bedridden as the result of a neurotic episode when she was ten struggled with debilitating scruples most of her life and suffered an agonizing dark night of faith St Th r se was no plaster statue saint Her life was a real life As it unfolds before us on the pages of *Story of a Soul* we see a pilgrim soul who made her way home to God through many raging storms and dark nights The specific nature of Th r se s trials may differ from our own but psychological and emotional suffering are our common lot For example we may not have know the pain of our mother dying when we were four but most of us have know the pain of the loss of a loved one The sufferings that we share with Th r se are universal physical pain anxiety anger sadness depression loneliness doubts of faith to name a few These sufferings make doing the will of God difficult but they are the context of our choices They are the context of holiness

The Path of Merciful Love Marc Foley, 2006 Th r se of Lisieux who lived and died in anonymity is one of the best known and beloved saints of our age Her spiritual autobiography *Story of a Soul* translated into nearly sixty languages has nourished countless people with a message that is accessible to everyone St Pius X called her the greatest saint of modern times and Pope John Paul II named her co patroness of France and the

missions and declared her a Doctor of the Universal Church. These taught that sanctity is within everyone's grasp. However, her happiness was not devoid of pain and conflict. Precisely in this fact does her life mirror our own. She can teach us how to find God in the mundane events of daily life.

How to Stay Sane Philippa Perry, Campus London LTD (The School of Life), 2012-06-01. Philippa Perry argues that there are four cornerstones to sanity you can influence to bring about change. By developing your self-observation skills, examining how you relate to others, breaking out of your comfort zone, and exploring new ways of defining yourself, she suggests ways of getting over your problems and feeling more normal. This book explores techniques to help you find emotional equilibrium, such as practising mindfulness, being emotionally honest in your relationships with others, challenging your brain in new and exciting ways, and finding cause for optimism. Through case studies, practical exercises, and stories of individual experience, this insightful and inspirational book reaches out to anyone in need of a little emotional support from time to time.

Sane Marya Hornbacher, 2010-08-10. Marya Hornbacher, author of the international best-sellers *Madness* and *Wasted*, offers an enlightening examination of the Twelve Steps for those with co-occurring addiction and mental health disorders. In this beautifully written recovery handbook, New York Times best-selling author Marya Hornbacher applies the wisdom earned from her struggle with a severe mental illness and addiction to offer an honest and illuminating examination of the Twelve Steps of Alcoholics Anonymous for those with co-occurring addiction and mental health disorders. Relaying her recovery experiences and those of the people with whom she has shared her journey, Hornbacher guides readers through the maze of special issues that make working each Step a unique challenge for those with co-occurring disorders. She addresses the difficulty that many with a mental illness have with finding support in a recovery program that often discourages talk about emotional problems and the therapy and medication that they require. At the same time, Hornbacher reveals how the Twelve Steps can offer insights, spiritual sustenance, and practical guidance to enhance stability for those who truly have to approach sanity and sobriety one day at a time.

The Dark Night: Psychological Experience and Spiritual Reality Marc Foley, OCD, 2019-05-19. Reading St John of the Cross's *Dark Night* can be daunting; living the dark experience of purification it describes can be much more so. The description of the dark nights, yes, there is more than one which St John presents, seems so stark and painful that one might be tempted to just close the book and stop reading. On top of that, both the process St John describes and the language he uses can be confusing and intimidating. The language of 16th-century scholasticism is not easily understood by 21st-century readers living in a completely different culture and context. Perhaps even more challenging is that fact that our modern lives, filled with the non-stop clutter of social media and technology, as well as comfort and ease, do not prepare most of us well to honestly look into our own depths to see who we are and who we are intended to become as fully alive human beings. Fortunately, we now have this helpful book to guide us to that full life which St John invites us to in *The Dark Night*. Father Marc Foley here combines his own theological and psychological background, as well as his experience as a spiritual guide, to help modern readers.

understand the experiences challenges and graced events of the purifying nights of sense and spirit In addition to exploring certain key terms that John uses in Spanish and their meaning in the saint s time and today Father Marc includes pertinent selections from a wide range of writers ancient to modern that illustrate the themes he covers Each chapter concludes with insightful questions for personal reflection or group discussion The book has a comprehensive index **Parenting Toolkit**

,2020-05-10 This book is a unique and valuable resource for parents and guardians who wish to give their children the best start in life The author has drawn on her years of experience facilitating parenting groups and working as a family therapist to present these techniques clearly illustrated by a wealth of real life examples She explains how to help your child become confident capable caring and able to reach their full potential She gives parents and guardians simple skills for developing healthier relationships with their children of all ages These include acknowledging feelings clear communication descriptive praise assertiveness child led play describing behavior instead of labeling the child problem solving and discipline strategies She also has advice on balancing parents guardians stress with self care **The Peanut Butter Promise** Steve

Rose,2021-01-26 Read this book and read it slowly to take it all in You will not be disappointed in The Peanut Butter Promise If you have been living in the land of almost almost making the changes you need to make almost living a life of meaning and purpose it is time you went from almost to all in The Peanut Butter Promise will show you how and encourage you as well as inspire you to do it Stephen Arterburn New York Times Bestselling Author and Host of the Nationally Syndicated program New Life Live Of the 7 7 billion people inhabiting the earth there s only ever been and will only ever be one exactly like you You re an original not a copy You can never be replicated or replaced You re essential What if you were told there was a book that had the potential to turn your life upside down for good Through The Peanut Butter Promise you ll learn that We re each born with every talent ability gift and the necessary desire to fulfill a meaningful and unique God given purpose Just as peanut butter was destined to find jelly and make a great sandwich Peanut Butter Promise Partners come into our life to help us achieve our DreamGoals and fulfill our purpose The dreams and desires of our heart those that are in agreement with our purpose are meant to come true at the right time The time for action is now You have nothing to lose but everything to gain by opening this hope and encouragement filled book **Own Your Life** Sally Clarkson,2015-01-06 In a world that s moving

so fast it s easy to lose your sense of purpose Clarkson journeys with you to explore what it means to live meaningfully follow God truly and bring much needed order to your chaos Discover what it means to own your life and dare to trust God s hands as He richly shapes your character family work and soul **Talk to Me Like I'm Someone You Love** Nancy Dreyfus, Psy.D.,2009-12-24 The most crucial relationship advice book since Men Are from Mars Erin Meanley Glamour com A groundbreaking interactive relationship tool that literally places in the hands of couples the power to transform chronically frustrating relationship dynamics We ve all been there A conversation with a loved one escalates into conflict Voices rise to a fever pitch and angry accusative words fly through the air At times like these it seems impossible to find the magic words

that will lead to healing Enter Talk to Me Like I m Someone You Love A psychotherapist with decades of experience in counseling couples Nancy Dreyfus hit upon the revolutionary practice outlined in this book during a couples therapy session in which a wife s unrelenting criticism of her husband was causing him to become emotionally withdrawn In the midst of this Dreyfus found herself scribbling on a scrap of paper Talk to me like I m someone you love and gestured to the husband that he should hold it up He did and within seconds the familiar power differential between the two shifted and a gentler more genuine connection emerged Dreyfus was startled then intrigued and then motivated to create a tool that could help others This book features more than one hundred of Dreyfus s flash cards for real life written statements that express what we wish we could communicate to the person we love but either can t find the right words or the right tone in which to say it The statements include Taking responsibility I realize I m overreacting Can you give me a minute to get sane again Apologizing I know I ve really hurt you What can I do to help you trust me again Loving You are precious and I get that I haven t been treating you like you are A one of a kind practical relationship tool Talk to Me Like I m Someone You Love will help couples to stop arguing and begin healing **You Are Not So Smart** David McRaney,2011-10-27 An entertaining illumination of the stupid beliefs that make us feel wise based on the popular blog of the same name Whether you re deciding which smartphone to purchase or which politician to believe you think you are a rational being whose every decision is based on cool detached logic But here s the truth You are not so smart You re just as deluded as the rest of us but that s okay because being deluded is part of being human Growing out of David McRaney s popular blog You Are Not So Smart reveals that every decision we make every thought we contemplate and every emotion we feel comes with a story we tell ourselves to explain them But often these stories aren t true Each short chapter covering topics such as Learned Helplessness Selling Out and the Illusion of Transparency is like a psychology course with all the boring parts taken out Bringing together popular science and psychology with humor and wit You Are Not So Smart is a celebration of our irrational thoroughly human behavior

Everyday Virtues John W. Crossin,2002 A gentle practical guide to help readers meditate on some of the virtues that can be cultivated in daily life **Zen Parenting** Cathy Cassani Adams,2022-02-01 The host of the top ranked Zen Parenting podcast and mother of three reveals a calmer more self aware parenting approach for parents to effectively teach and support their children say less but listen more We can t always plan for what s next that s been made more and more clear in the past few years The truth is that life is never predictable especially as parents What is possible is your unlimited capacity for compassion and caring for yourself and for your children As you navigate the uncertainty with openness and humility you find the clarity connection and community that is Zen Parenting Using the seven chakras therapist Cathy Cassani Adams discusses parenting issues such as school pressure self care emotional intelligence mental health sexuality and gender and more while offering concrete examples and strategies to help you wake up to your life as a parent Chakra One The Right to Be Establish your physical emotional and mental foundation Chakra Two The Right to Feel Practice creativity and how to

access your emotions Chakra Three The Right to Act Establish a sense of self for yourself and your kids Chakra Four The Right to Love and Be Loved Experience openheartedness empathy and compassion Chakra Five The Right to Speak and Hear Truth Discover genuine and meaningful communication Chakra Six The Right to See Explore mindfulness meditation and your own intuition Chakra Seven The Right to Know Connect to something greater than yourself This book is my new favorite guide for parenting to be sure But it s also a master class in a life well lived Dr John Duffy author of Parenting the New Teen in the Age of Anxiety and The Available Parent

Body Music Julie Maroh,2017-11-20 Julie Maroh s first book Blue Is the Warmest Color was a graphic novel phenomenon it was a New York Times bestseller and the controversial film adaptation by French director Abdellatif Kechiche won the Palme d Or at the Cannes Film Festival in 2013 Maroh s latest book Body Music marks her return to the kind of soft warm palette and impressionistic sensibility that made her debut book so sensational Set in the languid European like neighborhoods of Montreal Body Music is a beautiful and moving meditation on love and desire as expressed in their many different forms between women men and gender non conformists alike all varying in age and race In twenty separate vignettes Maroh explores the drama inherent in relationships at different stages the electricity of initial attraction the elation of falling in love the trauma of breaking up the sweet comfort of a long standing romance Anyone who s ever been in a relationship will see themselves in these intimate stories tinged with raw emotion Body Music is an exhilarating and passionate graphic novel about what it means to fall in love and what it means to be alive Julie Maroh studied comic art at the Institute Saint Luc in Brussels and lithography and engraving at the Royal Academy of Arts in Brussels She started writing her bestselling book Blue Is the Warmest Color at the age of nineteen

Love People, Use Things Joshua Fields Millburn,Ryan Nicodemus,2021-07-13 THE INSTANT NEW YORK TIMES BESTSELLER The Minimalists show you how to disconnect from our conditioned material state and reconnect to our true essence love people and use things This is not a book about how to live with less but about how to live more deeply and more fully Jay Shetty 1 New York Times bestselling author of Think Like a Monk AS SEEN ON THE NETFLIX DOCUMENTARIES MINIMALISM LESS IS NOW How might your life be better with less Imagine a life with less less stuff less clutter less stress and debt and discontent a life with fewer distractions Now imagine a life with more more time more meaningful relationships more growth and contribution and contentment a life of passion unencumbered by the trappings of the chaotic world around you What you re imagining is an intentional life And to get there you ll have to let go of some clutter that s in the way In Love People Use Things Joshua Fields Millburn and Ryan Nicodemus move past simple decluttering to show how minimalism makes room to reevaluate and heal the seven essential relationships in our lives stuff truth self money values creativity and people They use their own experiences and those of the people they have met along the minimalist journey to provide a template for how to live a fuller more meaningful life Because once you have less you can make room for the right kind of more

The Ascent of Joy Saint John of the Cross,2002 A perfect introduction to John of the Cross writings this anthology makes the Spanish saint and mystic

accessible to the average reader Contains ample introductions and annotations opening up the complete spectrum of John s spirituality In this well crafted introduction and anthology Marc Foley leads the reader step by step into the very heart of the spiritual way taught by John of the Cross Nearly every serious spiritual seeker at some point experiences a need to look to the teaching of this sixteenth century Spanish saint and mystic for guidance especially when one faces one s personal night of the soul Here the student or seeker can gain an intimate acquaintance not only with the rigor for which John is so well known but also with his tenderness his passion and his poetic heart Foley provides substantial introductions and notes but the core of the teaching is developed in carefully selected excerpts from John s own writings The special gift of *Ascent to Joy* is that these excerpts are presented in a systematic order so that the text can function both as a primer of John s teaching and as a profound introduction to the contemplative way This volume fills a much needed niche in the array of spiritual books available today Mary Frohlich Catholic Theological Union Chicago IL *Moon Gypsy* Melody Lee,2017-08-10 Melody Lee s long anticipated debut book is a kaleidoscope of relatable emotions written through the use of poetry and lyrical prose Her use of imagery flows effortlessly from one poem to another creating a portrait the reader can easily visualize Each poem in this book represents a slice of her timeless soul Melody s poetry is a multi faceted journey through the inner workings of her mind and keeps the reader engaged as it inspires and enlightens From her darkest poem to her brightest poetic verse Melody Lee s poetry is a collection of heartfelt sentiments some cutting some healing introspective spiritual and cathartic She writes about freedom love demons loss fear hope faith and many other factors that embody the human condition 302 pages *The Things We Love* Aaron Ahuvia,2022-07-19 An exciting and engaging investigation Jonah Berger of the secret tangled emotional relationships people have with things drawing on cutting edge findings from the fields of psychology neuroscience and marketing Books baseball cards ceramic figurines art iPhones clothing cars music dolls furniture and even nature itself If you re like most people at some point in your life you ve found yourself indulging in a love affair with some thing that brings you immense joy comfort or fulfillment Why is it that we so often feel intense passion for objects What does this tendency tell us about ourselves and our society In *The Things We Love* Dr Aaron Ahuvia presents astonishing discoveries that prove we are far less rational than we think when it comes to our possessions and hobbies In fact we have passionate relationships with the things we love and these relationships are driven by influences deep within our culture and our biology Some of our passions are sudden obsessive and fleeting others are devoted and lifelong affairs Some turn dark we become hoarders or would prefer to destroy certain objects rather than let anyone else own them And as technology improves becoming increasingly addictive one wonders might our lives become so dominated by our emotional ties to things that we lose interest in other people Packed with fascinating case studies scientific analysis and takeaways for living in a modern and ever so material world *The Things We Love* offers a truly original and insightful look into our love for inanimate objects and how better understanding these relationships can enrich and improve our lives *The 7 Laws of Magical Thinking* Matthew

Hutson,2012-07-01 Why do rational people buy notions that seem utterly incredulous And that includes you Everyone even the most jaded and sceptical believes in magic in the form of luck mind over matter the power of similarities jinxes and destiny In this wonderful exploration of psychology Matthew Hutson takes us on a fascinating tour of magical thinking in everyday life revealing the healing power of John Lennon s piano the reason gamblers kiss their tickets and why admitting you have no free will staves off addiction

A Critical and Exegetical Commentary on the Second Epistle of St. Paul to the Corinthians Alfred Plummer,1915

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