



How to Be Holy: First Steps in Becoming a Saint

Peter Kreeft

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"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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