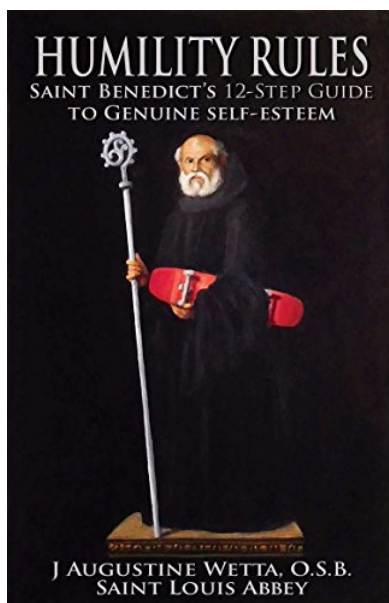


[Download] Humility Rules: Saint Benedict's Twelve-Step Guide to Genuine Self-Esteem



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Saint Benedict's fifth-century guide to humility offers the antidote to the epidemic of stress and depression overwhelming modern young adults. But the language of *The Rule* by Saint Benedict is medieval, and its most passionate advocates are cloistered monks and nuns. How then does this ancient wisdom translate into advice for ordinary people? With candor, humor, and a unique approach to classical art, Father Augustine, a high school teacher and coach, breaks down Saint Benedict's method into twelve pithy steps for finding inner peace in a way that can be applied to anyone's life. Drawing upon his own life experiences, both before and after becoming a Benedictine monk, the author explains every step, illustrating each chapter with color reproductions of sacred art that he has embellished with comic flourishes. The winsome combination is sure to keep readers from taking themselves too seriously which is already a first step on the path to humility.

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