



The Holy Way: Practices for a Simple Life

Paula Huston

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“Using the Christian tradition of solitude, silence and contemplation as her foundation, Huston offers one of the best books available on living the simple life.”

—*Publishers Weekly*, starred review

“This book will give solace and guidance to those who, like Paula Huston, have felt the interior call to simplicity, the intense gravitational pull of the God within.”

—Bruno Barnhart, Camaldolese monk and author, *Second Simplicity*

An Invitation to a Simple, More Peaceful Life

Is leading a simple life possible in a world of chaos and complexity? Driven by this searching question, Paula Huston, a busy forty-something college professor, wife, and mother, embarked on a spiritual journey to find a peaceful, less cluttered kind of life.

The Holy Way: Practices for a Simple Life is the fruit of Huston’s arduous search. Two discoveries sustained her: that she herself could experience simple living just as a nearby community of Catholic monks did and, more important, that she could find the keys to such a life in the lives and writings of the great monastic saints. Drawing on these discoveries, Huston examines a variety of measures that point the way toward the practical, day-to-day simplicity of a life that so many desire.

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