



BOOK ANNOUNCEMENT

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GRATEFULNESS NOT A PASSING FAD BUT A GIFT FROM GOD, MUTO SAYS

NOTRE DAME, Ind.— In a consumer-driven world where we're told we need and deserve more, Susan Muto, executive director of the Epiphany Association, reminds us that gratefulness is a gift from God. In *Gratefulness: The Habit of a Grace-Filled Life*, she reveals that grateful living is not another new fad but has been the way of saints and Christian mystics for centuries.

In this insightful, inspiring book, Muto explores how life-changing a spirit of gratefulness can be by using both personal and well-known examples of the struggles and rewards of grateful living. She and companions such as Julian of Norwich, St. Thérèse of Lisieux, Henri J. M. Nouwen, and Dorothy Day highlight the power of gratitude as a grace from God and walk with us as we learn to practice thankfulness.

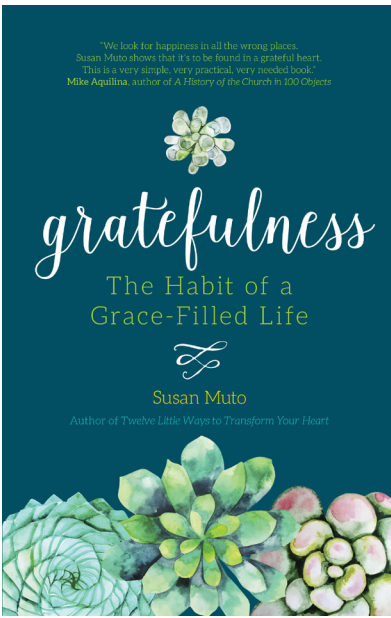
We start the journey toward gratefulness by embracing gratitude in all circumstances and end it by thankfully accepting the missions God entrusts to each of us. Along the way, we begin to accept God's grace by understanding the benefits of positivity and dangers of negativity, the redemptive power of prayer, and the lasting fruits of thankfulness.

A spirituality of gratitude reminds us that, even without the possessions, luxuries, or leisure time society claims are the most important things in life, God still loves, cares, and knows what's best for us.

ABOUT THE AUTHOR

Susan Muto, executive director of the Epiphany Association, is a renowned speaker, author, and teacher, and is dean of the Epiphany Academy of Formative Spirituality.

An expert in literature and spirituality, she continues to teach courses on an adjunct basis at a number of schools, seminaries, and centers of higher learning. Muto lectures and leads conferences, seminars, workshops, and institutes nationally and internationally.



Gratefulness

The Habit of a Grace-Filled Life

By Susan Muto

ISBN: 978-1-59471-785-7

192 pages • \$15.95

Personal Growth & Spirituality

Also available as an eBook.

"Susan Muto's reflections on the challenges of the Christian life together with insights gleaned from the saints help the reader understand the practical aspects of a life of holiness. Gratefulness is a blessing for all of us who seek to follow Christ in the midst of our everyday lives."

Rev. Gregory Jensen
Chaplain at University of
Wisconsin-Madison

"We look for happiness in all the wrong places. Susan Muto shows that it's to be found in a grateful heart. This is a very simple, very practical, very needed book."

Mike Aquilina
Author of *A History of the Church in 100 Objects*