



A Feast for Hungry Souls
*Spiritual Lessons from the Church's
Greatest Masters and Mystics*
By Susan Muto
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*"This is a treasure trove
of deep spiritual truths
introducing some of the
most important figures
who shaped Christian
spirituality."*

From the foreword by
Haley Stewart
Catholic blogger, podcaster, and
author of *The Grace of Enough*

BOOK ANNOUNCEMENT

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MUTO INTRODUCES 30 ANCIENT, MEDIEVAL, AND MODERN SPIRITUAL MASTERS, MYSTICS

NOTRE DAME, Ind.—Renowned scholar Susan Muto presents her spiritual legacy with a rich introduction to 30 Christian masters. These voices from the ancient, medieval, and modern Church have been the focus of Muto's work for more than 40 years and the trusted guides of her own spiritual life. Masters such as Benedict of Nursia, Clare of Assisi, Thomas Merton, and Teresa of Avila will help answer your most pressing spiritual questions and satisfy the deepest cravings of your heart.

From the simplicity and solitude of the desert mystics and other ancient masters to the practicality and prayerfulness of medieval saints such as Catherine of Siena to the relatable sensibilities of modern masters such as Evelyn Underhill, Muto—executive director of the Epiphany Association and dean of the Epiphany Academy of Formative Spirituality—draws deeply from the well of the Christian spiritual tradition to address some of our most pressing spiritual hungers:

- The Desert Fathers teach us how to hear God above the noise of everyday life.
- Augustine of Hippo acknowledges the restlessness that precedes spiritual growth.
- Julian of Norwich reflects on the universality and purpose of suffering.
- Thérèse of Lisieux shares her little way of spiritual childhood.

In each chapter, Muto introduces a spiritual master who she finds helpful in meeting a particular condition or challenge commonly faced in the Christian life and places that master within the historical and spiritual contexts of their time. Muto then introduces a classic work associated with that master, identifying key themes or principles to apply to your own life. Each chapter concludes with reflection questions to ponder individually or discuss in a group setting.

ABOUT THE AUTHOR

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

Muto is the author of more than thirty books, among them *Twelve Little Ways to Transform Your Heart* and the award-winning *Gratefulness*. She is the coauthor—with Rev. Adrian van Kaam, C.S.Sp. (1920–2007)—of more than forty books, including *Commitment: Key to Christian Maturity*, and *The Power of Appreciation*.

