



SORIN BOOKS® *Christian Classics*™ Forest of Peace

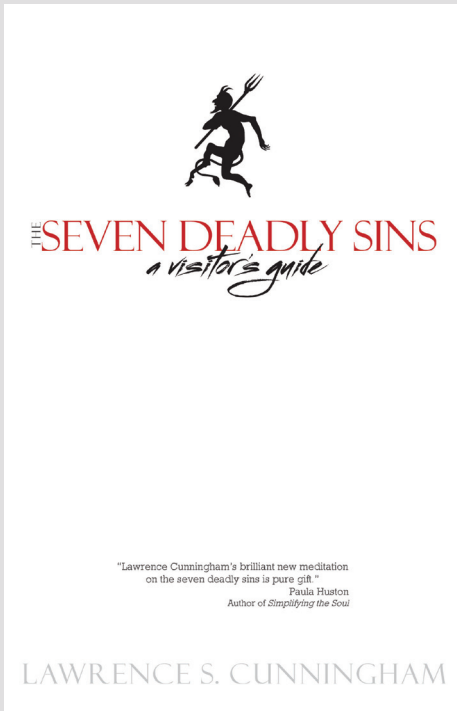
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Cunningham Illuminates Seven Deadly Sins through Corresponding Virtues



In his newest book, renowned theologian Lawrence S. Cunningham presents a “visitor’s guide” to the seven deadly sins, tracing their roots back to the mystic experiences of the desert fathers, who—in total solitude—experienced and identified these corrupt inner desires as forces that twist us away from God.

Cunningham’s exploration is nuanced but accessible and he explains that this commonly cited list of sins—gluttony, lust, greed, sloth, envy, anger, and pride—have no single biblical origin. He shows how the list was originally compiled by monastic writer Saint John Cassian in a treatise on monastic life and was later adapted and condensed by Pope Gregory the Great into the list we now recognize.

Much more than a history lesson, *The Seven Deadly Sins* provides an understanding of the list as “not normative but suggestive”—a practical set of guidelines that help shape our everyday choices. In the spirit of Dante’s journey through Purgatory, Cunningham guides readers through each sin in light of its corresponding virtue. “We must consider both the sins themselves and their mirror opposites: the virtues that correspond positively to them,” Cunningham writes. He uses examples and insights from Scripture, Christian tradition, and everyday life in chapters that include “Some Pure Thoughts on Lust” and “Some Humble Thoughts on Pride.”

The Seven Deadly Sins
A Visitor's Guide
Lawrence S. Cunningham
ISBN: 978-1-59471-340-8
114 pages • \$13.95
Spirituality
Available Now

“Lest the seven sins have the last word,” *The Seven Deadly Sins* ends with five practices toward purity of heart: remember God, cultivate the habit of generosity, forgive and ask for forgiveness, exercise the ascetic practices of prayer, fasting, and almsgiving, and take responsibility for the gift of grace given to us at Baptism. Ultimately, Cunningham leaves us not only with a complete understanding of the seven sins, but with the practical tools to turn away from them.

“When we turn toward, we turn away from. That is the way to understand our purification of the heart: every turn toward God has within it a turning away from that which is not God.”

Lawrence S. Cunningham is the John A. O’Brien Emeritus Professor of theology at the University of Notre Dame. A leading US scholar and award-winning professor, Cunningham is best known for his work in the areas of systematic theology and culture, Catholic spirituality, and Catholic saints. Cunningham has edited or written over twenty-five books and is the Christianity editor of the forthcoming *Norton Anthology of World Religions*. His most recent books are *Things Seen and Unseen* and *An Introduction to Catholicism*. Cunningham has won three Catholic Press Association awards for religious writing and has been the “Booknotes” columnist for *Commonweal* for over ten years.

