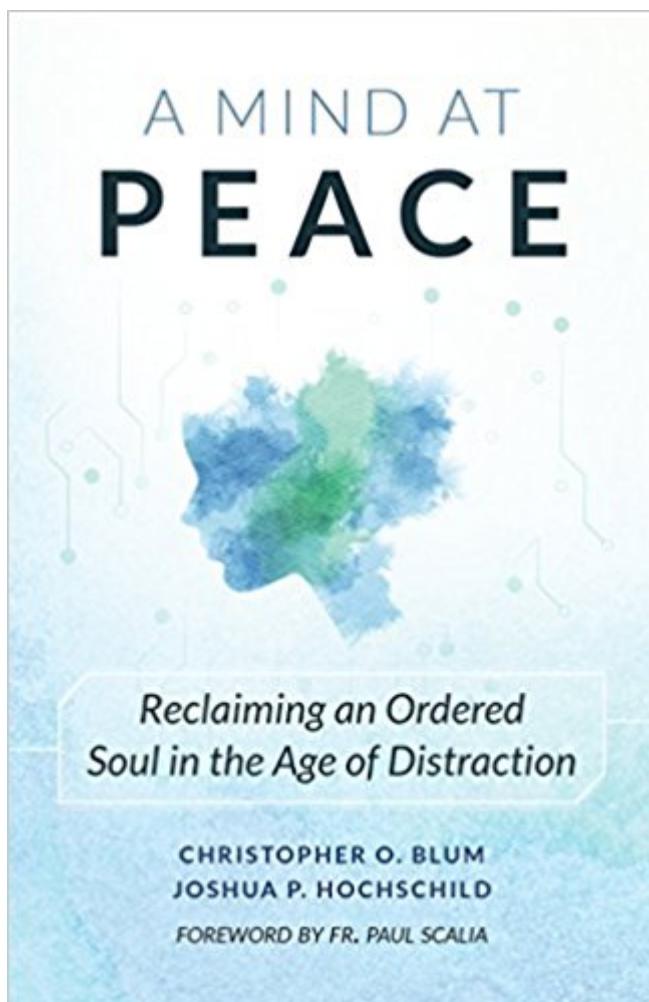


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# A Mind At Peace: Reclaiming An Ordered Soul In The Age Of Distraction



## Synopsis

These past two decades, modern technology has brought into being scores of powerful challenges to our interior peace and well-being. We're experiencing a worldwide crisis of attention in which information overwhelms us, corrodes true communion with others, and leaves us anxious, unsettled, bored, isolated, and lonely. These pages provide the time-tested antidote that enables you to regain an ordered and peaceful mind in a technologically advanced world. Drawing on the wisdom of the world's greatest thinkers, including Plato, Aristotle, St. Augustine, and St. Thomas Aquinas, these pages help you identify and show you how to cultivate the qualities of character you need to survive in our media-saturated environment. This book offers a calm, measured, yet forthright and effective approach to regaining interior peace. Here you'll find no argument for retreat from the modern world; instead these pages provide you with a practical guide to recovering self-mastery and interior peace through wise choices and ordered activity in the midst of the world's communication chaos. Are you increasingly frustrated and perplexed in this digital age? Do you yearn for a mind that is more focused and a soul able to put down that iPhone and simply rejoice in the good and the true? It's not hard to do. The saints and the wise can show you how; this book makes their counsel available to you.

## Book Information

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## Customer Reviews

"This potent dose of reality confirms what I have often said to my students: that metaphysics can be of practical help in daily life. A Mind at Peace guides us to reclaiming what we may not know we have lost." Rev. Paul N. Check, Rector St. John Fisher Seminary Residence, Diocese of Bridgeport

"In an age besotted with what Pascal would have called distraction (divertissement), Messrs. Hochschild and Blum have drawn deeply from the font of Catholic wisdom to produce a mental and spiritual cure. In this profound and beautifully written book, they help us put aside our distractions and focus our minds and hearts again on what is truly important." Randall B. Smith Professor of Theology, University of St. Thomas (Houston) --Personal Endorsements

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I received this as a gift from a friend with whom I had discussed the work of Sherry Turkle and Matthew Crawford. It goes far beyond the mere diagnosis of the problem, important as that may be, to address the underlying nature of the human person and its relationship to the real. It is solid clear dose of timeless wisdom. Love it!

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