



A Guide to Living in the Truth: St. Benedict's Teaching on Humility

Michael Casey

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This book shows us how humility brings a basic happiness that is able to cope with difficulties and sorrows. Casey translates the ancient wisdom of Saint Benedict into the modern arena of capitalistic competition. He also demonstrates how people must stop regarding others as rivals and be content with what we have because it is a waste of time to envy those who possess qualities different than our own. Humble individuals are content with both the gifts and limitations inherent in who they are.

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