

**COMFORT & JOY: SIMPLE WAYS TO CARE FOR OURSELVES & OTHERS
REVEALS HOW THE SIMPLE RITUALS OF EVERYDAY LIFE
CAN HEAL AND SUSTAIN US IN TROUBLED TIMES**

San Francisco, California - Stressing that cultivating comfort leads to a healthier and more balanced life, author and spiritual director Colette Lafia has written *Comfort and Joy: Simple Ways to Care for Ourselves and Others*. Illuminating the sources of comfort that are inherent in the simple, everyday rituals of our lives, this new book provides a timely reminder of how often our most ordinary, daily actions can provide us with a deep source of nourishment and refuge.

Offering workshops on the importance of renewing our faith as well as ourselves, Colette reminds us “Debilitating stress is already prevalent daily in our overwhelming lives, but it can be especially destructive when unexpected trauma hits. That’s why it’s important to take time to slow down and be nurtured by the simple joys in life.” Colette knows of what she speaks.

In a collection of forty-five empowering vignettes, Colette hones in on many of the experiences that helped her transform the grief of losing her sister to breast cancer, her struggle with severe insomnia, infertility, and broken dreams, into a journey of hope, healing, and a renewed appreciation for the simple gifts of everyday life.

“I could not hide from what I was going through. As I shared my struggles with other people, they began to share their stories with me. Other people had lost loved ones to cancer. Other people had unfulfilled dreams. Other people had trouble sleeping. I felt comfort in these moments of exchange, of being listened to and of listening. By sharing everyday sufferings with other people, I was touching a depth in the human experience. In this way, I realized that I was not alone. Comforting others was also a way of comforting myself. As I gave comfort, I received comfort. It was a turning wheel.”

*--From **Comfort and Joy**--*

Following the archetype of the “wounded healer,” Colette invites readers on an intimate journey across the landscape of her own pain and loss and shares how she gradually discovered the sources of comfort and joy that were right at her fingertips. She also shares what she’s learned from her personal experiences in her grief group workshop for the San Francisco Archdiocese.

Eschewing trendy, get-well schemes and refusing to latch on to prescription medications, Colette focuses on penetrating the sources of daily comfort derived from drinking hot tea, gardening, taking a walk, or visiting with a friend. Each reflection offers a sense of heightened self-healing and transformation.

By revealing how we need do nothing extraordinary to enjoy the bounty of these comfort moments, *Comfort and Joy* delivers a message of hope and simplicity. Colette follows each vignette with a “*Cultivating Comfort*” message, designed to help readers explore and connect to their own, personal sources of comfort.

Believing that when we practice comforting ourselves we can more easily take care of others, she aspires to help lessen the pain and sadness of those struggling with loss and trauma with the various passages in *Comfort and Joy*. It’s made a huge difference in her life, so she hopes it will make a huge difference for everyone that’s inspired by her story.

ABOUT THE AUTHOR:

Colette Lafia is a San Francisco-based writer, spiritual director, and educator. She is a graduate of the Spiritual Directors’ Institute in Mercy Center, California. Colette has a passion for renewal and contemplative living, and served as the director of the C.A.R.E (Center for Advancement and Renewal of Educators) program for San Francisco educators. She has an active spiritual direction practice in San Francisco, and regularly holds workshops and comfort circles on self-care, deep listening, and integrated living.

ENDORSEMENTS:

“Colette Lafia writes in a very accessible and personal way about comfort, a topic close to our hearts and essential to leading a balanced life.”

—**Angeles Arrien**, author of *The Second Half of Life* and *The Four-Fold Way*

“Finding the touchstones of comfort in our life seems insignificant until the tough knocks of living life on planet earth land us flat on our backs. Comfort and Joy shows us a way to live life more fully – any time.”

—**Lauren Artress**, author of *Walking a Sacred Path*

Comfort and Joy:

Simple Ways to Care for Ourselves and Others

By Colette Lafia

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