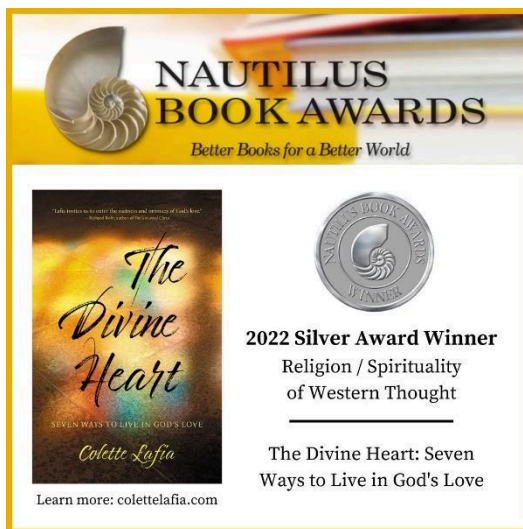


Colette Lafia's 'The Divine Heart: Seven Ways to Live in God's Love' Wins Silver Nautilus Award

Monkfish Book Publishing Company is proud to announce that its title, *The Divine Heart*, by Colette Lafia, has been awarded a 2022 Nautilus Award in the Spirituality/Western Thought category.



The prestigious Nautilus Awards celebrate and honor books that support conscious living, green values, high-level wellness, positive social change, social justice, and spiritual growth.

The Western Spirituality category recognizes works that focus on perspectives, insights, and practices grounded in the core of Western beliefs and traditions.

In *The Divine Heart*, Colette Lafia unfolds seven spiritual practices that can lead us towards a more intimate and loving relationship with God, with others, and with all of creation.

Weaving vignettes from her own journey, together with relevant teachings from both contemporary and mystical teachers, Colette is our spiritual companion along the way to healing, hope, and faith.

“During these turbulent times, we need the steadying voice of feminine wisdom more urgently than ever. In this luminous book, spiritual guide Colette Lafia offers the fruits of her tenderly cultivated inner life to feed people of all genders who thirst for a direct encounter with the embodiment of love, which she recognizes as our own true nature.”

Mirabai Starr, translator of John of the Cross and Teresa of Avila, author of Wild Mercy

The Divine Heart is divided into seven chapters or “invitations”—they are Receptivity, Delight, Expansiveness, Acceptance, Vulnerability, Mystery, and Gratitude. These seven qualities of love are illuminated through personal stories, together with spiritual practices that help readers reach greater intimacy with the Divine.

“In The Divine Heart, Colette Lafia invites us to enter the vastness and intimacy of God’s love, offering seven simple yet powerful ways to deepen our awareness and open our hearts. This small book with a big heart shows us how to live in the flow of Divine love.”

Richard Rohr, author of The Universal Christ, founder of the Center for Action and Contemplation

Author Biography

Colette Lafia is a San Francisco-based writer, spiritual director, and retreat leader. A graduate of the Spiritual Directors' Institute at Mercy Center in Burlingame, California, Colette recently completed the Living School program in the Christian contemplative and mystical traditions, guided by Fr. Richard Rohr, Rev. Cynthia Bourgeault, and Dr. James Finley.

Colette has a passion for helping people connect more deeply with the presence of the sacred in daily life. She designs and facilitates workshops and retreats for an international audience, has an active practice as a spiritual director, and is an adjunct faculty member at Mercy Center.

Colette Lafia is the author of *Comfort and Joy: Simple Ways to Care for Ourselves and Others* (Conari Press, 2008), named one of the best spiritual books of the year by *Spirituality & Practice*, and *Seeking Surrender: How My Friendship with a Trappist Monk Taught Me to Trust and Embrace Life* (Sorin Books/ Ave Maria Press, 2015). Colette is also a regular contributor to Gratefulness.org.

Visit: www.colettelafia.com for more information.

BIBLIOGRAPHICAL INFORMATION

Title: *The Divine Heart*
Author: Colette Lafia
ISBN: 978-1-948626-37-8
Format: Trade paperback
Pub. Date: May 2, 2021
Pages: 180 pages
Price: \$15.95
Trim (in): 5.5x8.5
Rights: World
BISAC:
REL047000 RELIGION / Mysticism
REL010000 RELIGION / Christianity / Catholic
OCC012000 BODY, MIND & SPIRIT / Mysticism
REL062000 RELIGION / Spirituality