



BOOK ANNOUNCEMENT

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BOOK CHRONICLES 7 YEARS OF LETTERS BETWEEN LAFIA AND TRAPPIST MONK

NOTRE DAME, Ind.— An unlikely friendship developed through seven years of shared letters between Colette Lafia and a silent monk at the Abbey of Gethsemani led her to healing and acceptance.

In *Seeking Surrender*, Lafia’s palpable warm storytelling takes readers through the same compassionate process that led her to find peace with life and strive for a deeper relationship with God.

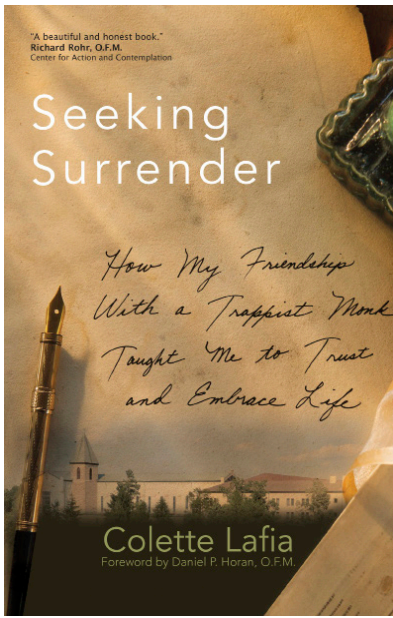
Folded within the letters exchanged between Lafia, a spiritual director and retreat leader, and Brother René, a Trappist monk, is Lafia’s struggle with infertility, insomnia, the loss of her sister, the declining health and eventual death of her father, and her role as caregiver. Brother René’s compassion and guidance throughout these trials—and Lafia’s responses—provide a template for helping readers to surrender to God in their own struggles.

Readers will find simple exercises and profound advice for living a more conscious and intentional life, with tips such as, “look at yourself through God’s eyes,” “notice when fear arrives at your door,” and “trust all is well.” Readers will ultimately discover a new attitude of acceptance and letting go.

ABOUT THE AUTHOR

Colette Lafia is a San Francisco-based writer, blogger, spiritual director, workshop and retreat facilitator, and part-time school librarian. She is an adjunct faculty member at Mercy Center Burlingame, where she also earned two certificates in spiritual direction.

Lafia has a bachelor’s degree in creative writing and English from San Francisco State University and a master’s of library information science from San Jose State University. She is also the author of *Comfort & Joy: Simple Ways to Care for Ourselves and Others*. She blogs at colettelafia.com.



Seeking Surrender

How My Friendship With a Trappist Monk Taught Me to Trust and Embrace Life

By **Colette Lafia**

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160 pages • \$14.95

Christian Living/Spirituality

Also available as an eBook

"Seeking Surrender is a rewarding read for those searching for an answer in the midst of darkness only to discover he is always with us."

DAMIEN THOMPSON, O.C.S.O.

Former abbot

Abbey of Gethsemani