

*The Divine Heart: Seven Ways to Live in God's Love*  
(Monkfish Press May 2021)  
by Colette Lafia

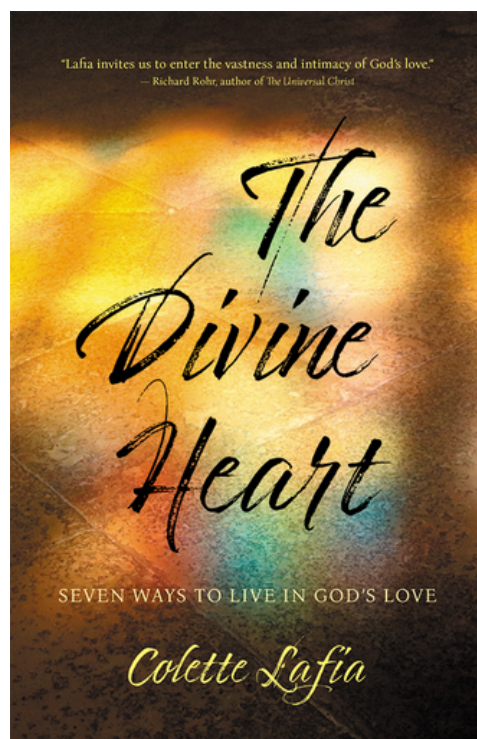
BIO FOR COLETTE LAFIA:

Colette Lafia is a San Francisco-based writer, spiritual director, and retreat leader, and part-time school librarian. 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 retreats for an international audience and has an active practice as a spiritual director. Colette regularly gives talks and leads prayer days, comfort circles, and retreats on subjects such as Gratitude, Surrender, Delight, The Gifts of the Holy Spirit, Living in Divine Love, Spiritual Art Journaling, Women Mystics, and more.

Colette Lafia is the author of *The Divine Heart: Seven Ways to Live in God's Love* (Monkfish Press May 2021), *Seeking Surrender: How My Friendship with a Trappist Monk Taught Me to Trust and Embrace Life* (Sorin Books/Ave Maria Press, 2015), and *Comfort and Joy: Simple Ways to Care for Ourselves and Others* (Conari Press, 2008), named one of the best spiritual books of the year.

To learn more, please visit [www.colettelafia.com](http://www.colettelafia.com).



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