



# The Book of Practical Faith

*D. Patrick Miller*

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# The Book of Practical Faith

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Miller outlines a path to a "useful spirituality" that can be followed by anyone with or without traditional religious beliefs. In four lucid steps--Releasing Guilt, Gathering Trust, Practicing Patience, and Learning Transcendence--Miller shows how to develop a practical faith in the midst of everyday life. A journalist by trade who has rediscovered the value of faith after a health and spiritual crisis, he condenses years of personal and professional study into an exceptional synthesis of contemporary wisdom.

In today's tumultuous world, *The Book of Practical Faith* offers all of us an invaluable gift: a sensible path toward an everyday experience of faith that is at once pragmatic and profound.

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