



Becoming Who You Are: Insights on the True Self from Thomas Merton and Other Saints

James Martin SJ

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By meditating on personal examples from the author's life, as well as reflecting on the inspirational life and writings of Thomas Merton, stories from the Gospels, as well as the lives of other holy men and women (among them, Henri Nouwen, Therese of Lisieux and Pope John XXIII) the reader will see how becoming who you are, and becoming the person that God created, is a simple path to happiness, peace of mind and even sanctity.

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