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The Grace of Enough: Pursuing Less and Living More in a Throwaway Culture

Haley Stewart
Ave Maria (Sep 7, 2018)
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Haley Stewart's compelling *The Grace of Enough* follows the author's family as they make the switch to living with less stuff and more life.

Stewart and her husband, who were working hard to maintain a lifestyle that was not fulfilling, found themselves trapped by their things. So they left it all behind—getting rid of many of their possessions, moving with their children to a farm, and discovering along the way that "more" doesn't mean what American culture says it does. The family's story is the backbone of the book, but it's designed as a path for others to follow—an invitation to a radical, enriching life.

Stewart's voice and strong narrative skill are inviting, and her practical tips—such as how to do the overwhelming work of paring down possessions, how to guide children through the process of a lifestyle change, how to eat seasonally, and how to manage technology—make it possible for others to follow her lead. Reflection questions deepen the work and make the ideas adaptable to many different situations. Loving, generous rhythms characterize the book's lifestyle: sharing meals with people, abundant hospitality for those in need, and using spiritual disciplines to bring the gospel to life.

The faith evident in the book is contemplative and prophetic, challenging prevailing norms. It balances seemingly conflicting ideas: boldness and humility, surrender and determination, frugality and abundance, simplicity and complexity. The perspective is decidedly Catholic, with references to the pope and non-medicated approaches to family planning, but it's roomy enough for Christians from other backgrounds, too.

With its universal lessons and perspective of faith, *The Grace of Enough* compellingly proposes new, less-burdened ways forward.

MELISSA WUSKE (September/October 2018)

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