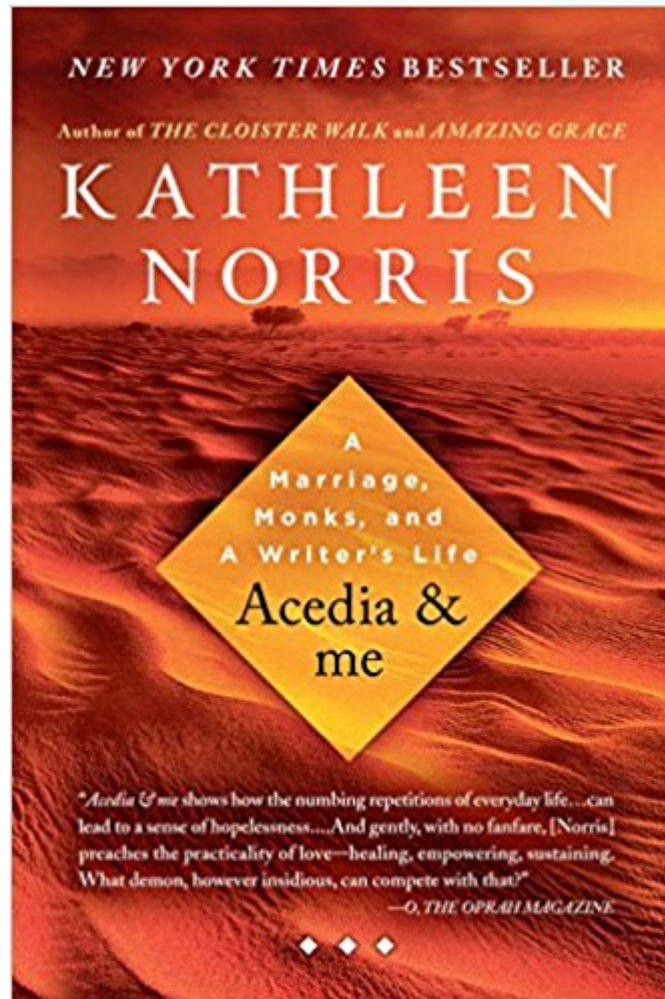


The book was found

Acedia & Me: A Marriage, Monks, And A Writer's Life



Synopsis

The extraordinary New York Times bestselling masterpiece from "one of the most eloquent yet earthbound spiritual writers of our time (San Francisco Chronicle). Kathleen Norris had written several much loved books, yet she couldn't drag herself out of bed in the morning, couldn't summon the energy for her daily tasks. Even as she struggled, Norris recognized her familiar battle with acedia, a word she had discovered in early Church text years earlier. Fascinated by this "noonday demon", so familiar to those in the early and medieval Church, Norris knew she must restore this forgotten but important concept to the modern world's vernacular. An examination of acedia in the light of psychology, spirituality, the healing powers of religious practice, and Norris's own experience, *Acedia & Me* is both intimate and historically sweeping, brimming with exasperation and reverence, sometimes funny, often provocative, and always insightful.

Book Information

Paperback: 334 pages

Publisher: Riverhead Books; Reprint edition (March 2, 2010)

Language: English

ISBN-10: 1594484384

ISBN-13: 978-1594484384

Product Dimensions: 5.5 x 0.9 x 8.3 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (108 customer reviews)

Best Sellers Rank: #100,724 in Books (See Top 100 in Books) #144 in Â Books > Health, Fitness & Dieting > Mental Health > Depression #604 in Â Books > Biographies & Memoirs > Arts & Literature > Authors #705 in Â Books > Biographies & Memoirs > Leaders & Notable People > Religious

Customer Reviews

In Chapter XV of *ACEDIA & ME*, Kathleen Norris assembles quotations from august personages in a "Commonplace Book" on the subject. The "temptation to acedia" quote is plucked from the trappist Michael Casey's book, *FULLY HUMAN, FULLY DIVINE: AN INTERACTIVE CHRISTOLOGY*. That excerpt begins just as sternly, "The vice of noninvolvement is said to be endemic in the Western world. The acediac is a person without commitment, who lives in a world characterized by mobility, passive entertainment, self-indulgence, and the effective denial of the validity of any external claim." That is quite an indictment and one that ought to be both conceded and argued: we are all susceptible to feeling, as Charles Baudelaire did, "weary...of this need to live

twenty-four hours every day" but we also, in the course of living, experience productive and highly optimistic times. Nearly everyone's life is a mixture of ups and downs. Norris herself wrote the bestsellers *THE CLOISTER WALK*, and *AMAZING GRACE*. She also remained married to the same man, David J. Dwyer, until his death in 2003. So, Casey's definition of an acediac as someone who would leave creativity to others and who is without commitment seems too stringent to apply to her. Yet, Norris has written *ACEDIA & ME* because she recognizes in herself a stubborn tendency to sink into lethargy, boredom, detachment, apathy, and other facets of acedia. In a sense, this book is a form of therapy for her as she considers the subject from many perspectives. She consults the works of desert monks Anthony the Great and Evagrius. She compares and contrasts acedia and clinical depression and analyzes the psychological and psychiatric approaches to these related but not selfsame states of being.

Acedia is a spiritual and psychological state of temptation that is characterized by--and here I am throwing figurative darts against a lexical dartboard--sloth, "spiritual torpor," ennui, apathy, laziness and maybe sadness. It's described by John Cassian, a fourth century monk, as among the "eight principle faults that attack mankind." These eight faults later become the seven deadly sins; you can guess which one was dropped (or, more accurate, merged with another). Being knocked off the Big Seven list meant being relegated to the edge of oblivion, and but for occasional later references there it may have remained. Kathleen Norris's book, *ACEDIA & ME*, revives the dormant concept for further reflection. Despite Cassian's suggestion that acedia is among the "faults that attack mankind," this state of temptation or spiritual paralysis has been largely associated with the contemplative life, especially the lives of hermits. It was often new monks and hermits that were hit by acedia; after the initial euphoria of monastic life would pass, the rigors of the life, the repetition, the sameness, and the sense of physical confinement, would invariably become oppressive. Because this boredom with the spiritual life would often hit midday, acedia became known as the "noonday devil." The temptation for the young monk would be to give in to the "noonday devil" and so leave the contemplative life. Despite the historical association with the religiously contemplative life, as Norris points out, acedia can afflict the spiritual life of the average person. One might argue that a writer's life isn't so average, but Norris confesses how acedia has been much more than writer's block in her life.

[Download to continue reading...](#)

Acedia & me: A Marriage, Monks, and a Writer's Life
Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome Conflicts And Save Your Marriage Forever (Marriage Help,

Marriage Advice, Overcome Conflicts, Marriage Book) Marriage: How To Save And Rebuild Your Connection, Trust, Communication And Intimacy (FREE Bonus Included) (Marriage Help, Save Your Marriage, Communication Skills, Marriage Advice) The Writer's Guide to Everyday Life from Prohibition Through World War II (Writer's Guides to Everyday Life) The Complete Writer: Level 1 Workbook for Writing with Ease (The Complete Writer) The Complete Writer: Level Two Workbook for Writing with Ease (The Complete Writer) Align Your Writing Habits to Success: From procrastinating writer to productive writer in 30 days (or less) Sword and Fist: A Guidebook to Fighters and Monks Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Buddhist Nuns, Monks, and Other Worldly Matters: Recent Papers on Monastic Buddhism in India (Studies in the Buddhist Traditions) Plague: Zombie Monks, The Black Death, and Other Signs of the Apocalypse Illuminating the Way: Embracing the Wisdom of Monks and Mystics Laugh Your Way to a Better Marriage: Unlocking the Secrets to Life, Love, and Marriage Shugendo: The Way of the Mountain Monks The Abbey Psalter: The Book of Psalms Used by the Trappist Monks of Genesee Abbey FiancÃ© and Marriage Visas: A Couple's Guide to U.S. Immigration (Fiance and Marriage Visas) Fiance and Marriage Visas: A Couple's Guide to US Immigration (Fiance & Marriage Visas) Fighting for Your Marriage: A Deluxe Revised Edition of the Classic Best-seller for Enhancing Marriage and Preventing Divorce The Marriage-Go-Round: The State of Marriage and the Family in America Today How to End an Unhappy Marriage: An Essential Guide to Letting Go Emotionally, Preparing Yourself Mentally, and Moving On Physically - (When to Get a Divorce | When to End a Marriage)

[Dmca](#)