

Here

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Synopsis

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A contemplative guide to finding satisfaction right where you are, by understanding what it is within us that leads to dissatisfaction and creating long-lasting fulfillment—inspired by the ancient Christian tradition of Benedictine stability. A challenging spiritual invitation—one that we definitely need. • Shannon K. Evans, author of *The Mystics Would Like a Word*

Lydia Sohn was a serial burn-it-down-and-make-a-fresh-start girl until, when in her late twenties, she encountered the Rule of St. Benedict with its vow of stability, and her world was transformed. Sohn took a pause to consider what she wanted out of life—identity, purpose, community—and had a lightbulb moment: Everything she needed to live the life she desired was already within her reach. Here pushes back against our age of constant reinvention and the cultural message that we should do whatever it takes to get wherever we want to go. Instead, Sohn’s message is the opposite: stay. Stay and cultivate the immense potential and beauty that currently lies dormant within your circumstances. Sohn understands the allure of nomadism. A nomadic life would protect us from the stress of relational conflicts that inevitably arise when we’re caught in the intricate web of commitments. But the restlessness, FOMO, and disappointment we’re trying to escape always come along for the journey. That’s because they’re not the result of our circumstances; they reside within us. Braiding personal narrative and spiritual reflection, *Here* inspires readers to both embrace and transform their circumstances through commitment and stability—in order that they might find true contentment right where they are.

Reader's comments

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