



# Happy Are You Poor: The Simple Life and Spiritual Freedom

*Thomas DuBay*

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## **Happy Are You Poor: The Simple Life and Spiritual Freedom** Thomas DuBay

This short book will open your eyes to Our Lord's words from the Beatitudes and help you to understand what Christian poverty is . . . and is not. By Fr. Thomas Dubay To the modern mind, the concept of poverty is often confused with destitution. But destitution emphatically is not the Gospel ideal. A love-filled sharing frugality is the message, and Happy Are You Poor explains the meaning of this beatitude lived and taught by Jesus himself. But isn't simplicity in lifestyle meant only for nuns and priests? Are not all of us to enjoy the goodness and beauties of our magnificent creation? Are parents to be frugal with the children they love so much? The renowned spiritual writer Dubay gives surprising replies to these questions. He explains how material things are like extensions of our persons and thus of our love. If everyone lived this love there would be no destitution. After presenting the richness of the Gospel message, more beautiful than any other world view, he explains how Gospel frugality is lived in each state of life. Fr. Thomas Dubay, S.M., is a well-known retreat master and expert in the spiritual life. A Marist Priest, Father holds a Ph.D. from Catholic University of America and has taught on both major seminary level for about fifteen years. He has spent the last three decades giving retreats and writing books (over twenty at last count) on various aspects of the spiritual life. He is an expert on the teachings and writings of the two mystical doctors of the Church, John of the Cross and Teresa of Avila. All of his books have become modern spiritual classics. "Father Dubay, an outstanding spiritual writer, has taken on the thorny problem of poverty and how it really relates to Christians. With his usual spiritual acumen Father Dubay looks at this question and gives every person something serious to think about regarding personal poverty, a value that speaks to us on every page of the Go

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