



# Angels Calling: 50 Invitations to Energize Yourself

By Anselm Gruen

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**Angels Calling: 50 Invitations to Energize Yourself** By Anselm Gruen

This inspirational guide explores angel qualities and their meanings, rooting each in Western tradition and revealing how to apply them to modern life. A resource of comfort and strength, this valuable exploration addresses a wide array of concepts—from universal themes of love, community, and harmony to the encouraging qualities of confidence, enthusiasm, and endurance. Explaining the wisdom of old in a contemporary context, this fascinating analysis truly conveys the power of angels and reveals how humans can aspire to angelic behavior.

75% of Americans believe in angels though different people hold very different ideas of what an angel is. Spiritual master and Benedictine monk, Fr. Anselm Gruen, has found a persuasive way to incorporate the ancient wisdom of angels with our modern striving for a happy, fulfilled life. He breaks open the powers that transform and help to meet the challenges of a changing world – the powers of angels: the angel of courage, the angel of patience, the angel of silence, the angel of cheer. This book has been translated into numerous languages and has sold millions of copies across the world

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#### Review

' If you are looking for a means of exploring a series of Christian virtues related to 'angels', then this book will delight....As with all Grun's writing there is much practical wisdom related specifically to our self-knowledge...His love of words and exploring them is a particular strength of his writing.' ~ David Kennedy, 'Reflecting on Angels', *Expository Times*, 1 August 2006.

(David Kennedy *Expository Times*)

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(Sanford Lakoff *Expository Times*)

#### About the Author

**Anselm Gruen** is a Benedictine monk and bestselling author of *Finding Your Inner Balance, A Happy Heart, and Heaven Begins Within You*.

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