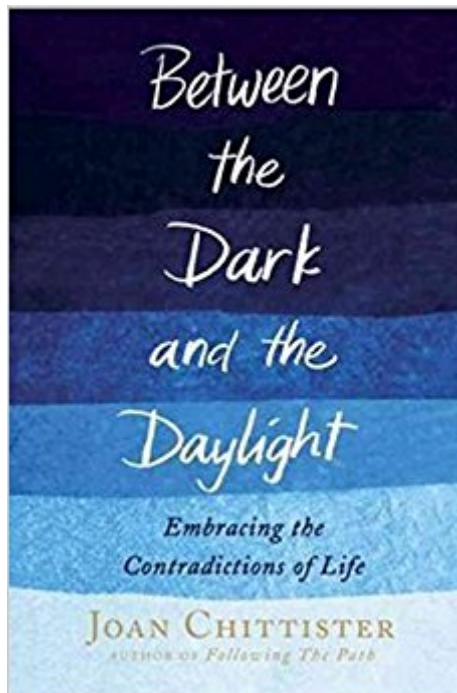


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# Between The Dark And The Daylight: Embracing The Contradictions Of Life



## Synopsis

“There is a part of the soul that stirs at night, in the dark and soundless times of day, when our defenses are down and our daylight distractions no longer serve to protect us from ourselves,” writes beloved author, Joan Chittister. “It’s then, in the still of life, when we least expect it, that questions emerge from the damp murkiness of our inner underworld. [These questions do not call for the discovery of data; they call for the contemplation of possibility.]” In words as wise as they are inspiring, *Between the Dark and the Daylight* explores the concerns of modern life, of the overworked mind and hurting heart. These are the paradoxical “and often frustrating” moments when our lives feel at odds with everything around us. “Only by embracing the contradictions,” Chittister contends, “may we live well amid stress, withstand emotional storms, and satisfy our yearnings for something transcendent and real. By delving into the chaos, this book guides us through the questions that seemed easier to avoid and enlightens what has been out of focus.” With her signature elegance, wit, and spirit, the bestselling author of *The Gift of Years* and *Following the Path* opens our eyes and hearts in these times of confusion. With simple and poignant meditations, *Between the Dark and the Daylight* reveals how we can better understand ourselves, one another, and God.

## Book Information

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## Customer Reviews

*Between the Dark and the Daylight* lies the place of uncertainty, longing, loneliness, concern, and knowledge of our finitude. It’s not a place we want to go on a sleepless night. But Sister Joan Chittister argues that it isn’t a place to ignore or run away from. Instead, it’s where we can find

ourselves. When paradoxes are embraced and insight is found within the tension, a soul "grows, expands, centers, and becomes its most radiant self." Here are a few quotes from various chapters to give you a taste of this book.

**The Mirage of Security**~"Risk, the willingness to accept an unknown future with open hands and a happy heart, is the key to the adventures of the soul. Without risk we live in a world of small dreams and lost possibilities."

**The Success of Failure**~"We are not born to be miserable. We are born to be fully alive, to be happy, to give our gifts to the world with the joy that comes from doing our best and having it mean something to someone else."

**The Energy that Comes from Exhaustion**~"The important choice in life then, is to choose our stresses carefully. The good ones enliven us and give life to those around us. The bad ones give nothing to anyone, least of all ourselves."

**The Struggle between Guilt and Growth**~"Holiness depends on choices that have been tested by opportunities." Each chapter is a few pages in length, crafted with an economy of words. Pithy is a good description of them. The ideas hit you, and force you to re-read sentences. And along the way, as she lays bare her own meditations, she quotes other minds that have wrestled with the same basic life.

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