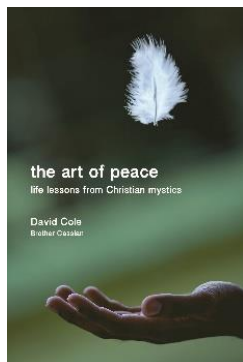


PRESS RELEASE

from The Bible Reading Fellowship



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The Art of Peace

Life lessons from Christian mystics

David Cole (Brother Cassian)

Pb, ISBN 978 0 85746 992 2, £8.99

In his latest book, popular author David Cole (Brother Cassian) shares deep insight and wisdom drawn from nearly two decades of daily meditation and contemplation. Based on personal experience and extensive study of the Christian contemplative and mystic tradition, his hope is that *The Art of Peace* will draw readers 'into a place of understanding how to live a life centred on, and flowing with, the peace of God'.

Stillness, Silence, Solitude and Sanctuary

The book is divided into four sections – Stillness, Silence, Solitude and Sanctuary: four themes which the author believes sum up 'all the greatest teachings' in the Christian contemplative and mystic tradition. 'What you will read,' he says, 'comes a little from books and head knowledge, but mostly, as all the best spiritual teachings do, from lived experience in a continually transforming life.'

Praise for *The Art of Peace*

'Experiences we thought were the preserve of far-removed mystics are here poured into our laps. This succinct book makes the Divine Presence earthy. Read it.' *Ray Simpson, founding Guardian of the international Community of Aidan and Hilda*

'*The Art of Peace* is like a retreat in book form. David Cole is a warm, engaging and down-to-earth writer and spiritual guide. In this book he shows us how to walk in the path of the great mystics, in our lives today. It is a lovely book.' *Carl McColman, lay Cistercian, spiritual teacher and author*

About the author

David Cole (aka Brother Cassian) is an international spiritual teacher and retreat leader and the Deputy Guardian for the Community of Aidan and Hilda. He is the founder of Waymark Ministries, which creates opportunities for people to engage with the Christian message. His books include *Celtic Advent* and *Celtic Lent* (BRF, 2018), *Celtic Saints* and *The Celtic Year* (BRF, 2020). For more information, click [here](#).

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