“Conventional wisdom,” says Roger Housden, “tells us that nobody goes to heaven for having a good time.” Seven Sins for a Life Worth Living, then, is a refreshing, liberating, and decidedly welcome dose of unconventional wisdom that awakens us to the simple delights and transformative joys of the world around us.


Housden writes, for instance, of submitting to the ultimate folly of falling in love, of celebrating our imperfections, of coming to understand the virtues of the Slow Food movement while enjoying an all-afternoon lunch in a small French village, and of discovering in a Saharan cave that, however extraordinary our surroundings, “we are human, a glorious nothing much to speak of”—and learning to be at peace with the notion.

Such pleasures may be suspect in today’s achievement-driven, tightly scheduled, relentlessly self-improving, conspicuously consumptive culture, but surely the greater sin lies in letting them slip away moment by precious moment. “The purpose of this book,” says Housden, “is to inspire you to lighten up and fall in love with the world and all that is in it.” Reading it is a pleasure indeed.
“When you die, God and the angels will hold you accountable for all the pleasures you were allowed in life that you denied yourself.”

Roger Housden, author of the bestselling Ten Poems series, presents a joyously affirmative, warmly personal, and spiritually illuminating meditation on the virtues of opening ourselves up to pleasures like being foolish, not being perfect, and doing nothing useful, the pleasure of not knowing, and even (would you believe it?) the pleasure of being ordinary.

My Personal Review:
I would highly recommend that you sit down with your partner and read this book to each other. Roger Housden is an extraordinary writer and this book is a joy to read. Especially for those of us that feel we need to have things tightly under control. He makes it clear that it is ok "not to know it all", it is ok to spend time doing absolutely nothing, and other very useful insights.

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Seven Sins for a Life Worth Living by Roger Housden - 5 Star Customer Reviews and Lowest Price!