



# **The Restless Heart: Finding Our Spiritual Home in Times of Loneliness**

*Ronald Rolheiser*

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## **The Restless Heart: Finding Our Spiritual Home in Times of Loneliness** Ronald Rolheiser

A thoughtful exploration of loneliness, in the tradition of Henri Nouwen's classic *Reaching Out*. Loneliness may be more pervasive now than at any other time in human history. Cell phones and "instant messaging" notwithstanding, our longing for meaningful connections seems to increase in direct proportion to our accessibility.

In *The Restless Heart*, Ronald Rolheiser identifies different types of loneliness and discusses the dangers and opportunities they represent in our lives. Using contemporary parables from literature, film, and his own life, he shows that loneliness can be a tremendously creative and even valuable force when it is recognized, accepted and used as a dynamic catalyst. With his trademark clarity of vision, honesty, and intelligence, Rolheiser offers a distinctively Christian approach to living an examined, involved life and presents suggestions that will free readers to discover greater meaning and fulfillment in their own lives.

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