This book introduces readers to the wisdom of St. Francis de Sales (1567-1642), Bishop and Doctor of the Church, and brings his pastoral genius to bear on how to deal with and thrive amid the daily realities of life in today’s world.

The first part presents fundamental principles of Salesian Spirituality. It shows the appeal of a “devout life” to people across the centuries in as much as this spirituality offers an “everyday” approach to holiness that enables us to “be who we are and be that well.”

The second part focuses on his Spiritual Directory as a guide to the good life in terms of our daily routine. Here the reader will experience the genius of the saint’s pedagogy, which links our personal well-being to the ordinary events and “present moments” of everyday life.

The third part considers other sacred moments in our lives, particularly those religious exercises in which we regularly participate. About these St. Francis de Sales reveals an uncanny understanding and offers sound practical advice for spiritual growth.

Throughout the book are “call out” boxes that offer additional information drawn from the saint’s other writings. A listing of helpful resources in Salesian spirituality leads the reader to further means of guidance.

**INTRODUCTION - the pope and the saint**

**Part One - SALESIAN SPIRITUALITY**

Chapter 1: The Devout Life - seminal Salesian insights
- Francis de Sales: a very brief biography
  - St. Jane de Chantal (1572-1641)
- “be who you are and be that well”

Chapter 2: The Spiritual Directory - a jewel of perfection
- Salesian pedagogy
  - the “Rule of Padua”
- The Preface to the Spiritual Directory

**Part Two - OUR DAILY ROUTINE**

Chapter 3: on Rising - starting your day right
- Salesian biblical interpretation

Chapter 4: on the Day’s Preparation - looking to be holy
- living between the two wills of God

Chapter 5: on the Direction of Intention – the key to spiritual perfection
- Salesian anthropology

Chapter 6: on Meals - finding the extraordinary in the ordinary
- the custom of fasting

Chapter 7: on Work – and taking spiritual repose
- the Salesian imagination

Chapter 8: on Leisure - interacting with others
- true friendship

Chapter 9: The Examen - reviewing our daily progress
- facing temptations

Chapter 10: on Retiring - practicing detachment
- Salesian indifference

**Part Three - SACRED MOMENTS**

Chapter 11: Prayer - communing with the divine
- liberty of spirit

Chapter 12: Praxis - living the “little virtues”
- the road to perfection

Chapter 13: Confession - and the grace of reconciliation
- profiting from our faults

Chapter 14: Mass - and the grace of encounter
- liturgical theopoetics

**CONCLUSION – the universal call to holiness**

**APPENDICES:**

#1 - The Spiritual Directory of St. Francis de Sales (complete text)

#2 - Helpful Resources for Living Well (bibliography)