



The Art of Letting Go: Living the Wisdom of St. Francis

Richard Rohr

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We often think of saints as rare individuals whose gifts far exceed our own, and St. Francis is no exception. But for Fr. Richard Rohr, a prolific author and renowned speaker, the life and teachings of this beloved figure offer an authentic spirituality we can all embody. On *The Art of Letting Go*, Fr. Rohr gives us a six-session learning course that explores: the surprising richness we discover through simplifying our lives--without taking a vow of poverty; liberation from our self-limiting biases and certitudes; contemplation and action, two key steps toward communing more deeply with the Divine; and more.

Running time approximately 5 3/4 hours on 6 CDs.

The Art of Letting Go: Living the Wisdom of St. Francis Details

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Author : Richard Rohr

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From Reader Review The Art of Letting Go: Living the Wisdom of St. Francis for online ebook

Craig Bergland says

As usual, Fr. Rohr is spot on as he presents the truth that life is a process of letting go rather than micro-management. Witty, charming, and insightful, you. Don't want to miss this one!

Con says

Richard Rohr is an amazingly humble, wise man guides you to understand and embrace what is truly important in life. Although Catholic, (I am not), this is an excellent listen for anyone including agnostic or atheist.

I am on my second read of this book. Lots to consider!

Pauline Plissner says

I had to listen to this one several times. It is a new way of thinking and viewing life. About how every experience has the opportunity to transform us and how letting go helps the process. Allowing life to unfold and us to live as freely as possible through the process of love and allowing others to be who they choose without fighting with them.

Liz says

I listened to it. Sage wisdom from Richard Rohr, so humble yet so wise about the human condition. I loved it. I finished is over looking a waterfall at Havasupi.

John Hebenton says

This is the kind of book that keeps percolating in the background and ideas from it pop out. Another book that needs to be read again for full impact

Empress5150 says

There is absolutely nothing by Richard Rohr that I won't give 5 stars to, even if I don't always totally get everything he's talking about.

Added bonus. This one was an audio so it was great to actually listen to him (although he talks exactly like he writes; as an Elder).

Cory Bishop says

Just stellar. Couldn't get enough of it. So much wisdom via Richard Rohr via St. Francis via Jesus shared in these teachings.

Eric says

Some important message, especially about the nature of prayer. A touch long...kind of felt like an extended lecture more than a book.

Trish says

Beautiful.

Brenda Whitner says

I found this book to be very forward thinking. I really enjoyed it. I listened to it. Lots of good concepts.

Alice says

Yes, I'm giving this 5 stars. I kind of fell in platonic love with Richard Rohr while listening to The Art of Letting Go. Rohr is very informal and conversational throughout this audio lecture series -- you never feel like he is preaching or lecturing to you. Instead, it is like listening to a wise, older friend, who rambles a bit and contradicts himself sometimes, but who comes from a place of wisdom and knowing and experience. I would listen to this again.

Nick Lucky says

As someone who defaults to overthinking, overanalyzing, and being overly defensive with most things, not the least of which being faith and spirituality, this is the first book I've both read AND understood that is not only helpful in combatting the dualistic frame of mind we are all born with, but essential. At least, essential for people like me. It might be different for others, our brains are not all the same. I will be rereading this one.

Tia says

Deep, insightful, and leaves me feeling at peace with myself.

Karen says

Not a fan of this book....I did do it on audibles, so it may have been the combination of Richard Rohr's voice and the content, no sure. Just could not finish it.

David says

Very conversational, but challenging. Even inspiring. A good step up from the Falling Upward book, which felt gendered and specific and essentialist in unhelpful ways too often. (There's whiffs of that here and there, but much less. Much less.)

I do wish there had been a bit more direct engagement with Francis of Assisi. Still, this is an admirably open and gentle set of practices for a more godly and loving form of life.
