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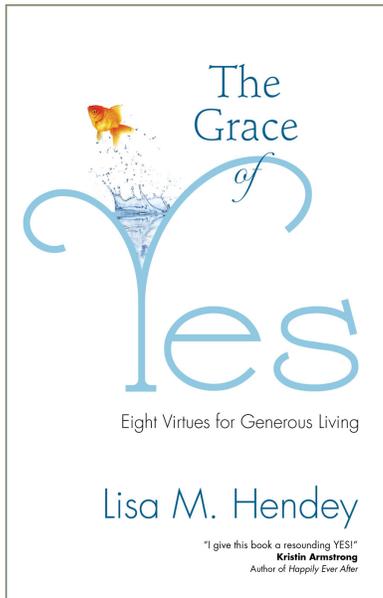
Stephanie A. Sibal, Publicist

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Ave Maria Press, Inc. • P.O. Box 428 • Notre Dame, IN • 46556

A Ministry of the United States Province of Holy Cross

Eight Virtues to Living Generously, Saying Yes to God



NOTRE DAME, Ind.—Catholic media personality and bestselling author Lisa Henney has been fueled throughout her life by a driving passion for her faith. In *The Grace of Yes*, she draws readers to that faith by exploring eight virtues that have helped her say yes to God.

Anyone who faces the tension between the steady tug of Christianity and the constant lure of easier options will find their strivings echoed in Henney's thoughts and discover themselves closer to God because of it.

In *The Grace of Yes*, Henney's fourth book, she explores the eight spiritual virtues she believes are the foundation of Christian life. Allowing readers to peek into the window of her own spiritual journey, Henney shows how the virtues of belief, generativity, creativity, integrity, humility, vulnerability, saying no, and starting over lead to generous living and the ability to joyously say yes to God.

In her characteristic warmth and humor, Henney candidly reflects on her own real-life struggles: the identity adjustment of leaving a blossoming career to become a stay-at-home mom; the temptation of divahood as her online celebrity grew; the freedom and opportunities of empty nest status verses her middle-aged body's pull to slow down; her encounters with spiritual community during treatment for cancer; and the contrast between the profound and lingering grief she confronted at a Rwandan genocide memorial and the astounding willingness of survivors to forgive.

The Grace of Yes will help readers make sense of their faith and the mysterious tug of God, whom Henney praises on every page. She offers questions for personal reflection and a heart-felt prayer to close the exploration of each of the eight virtues.

The Grace of Yes
Eight Virtues for Generous Giving
By Lisa M. Henney
ISBN: 9781594714726
160 pages • \$15.95
Christian Living/Spirituality
**Also available as an audio book
and eBook**

"The Grace of Yes urges you to ask big questions—and then to answer them in the small, loving actions of your daily life. Lisa Henney offers encouragement to spiritual seekers by telling honest stories about the joys and struggles of living out her faith. She demonstrates that the path of faith isn't always an easy one, but it's always worth the effort."

Kerry Weber
Author of *Mercy in the City*



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About the Author



Lisa M. Hendey is the founder and editor of CatholicMom.com and the bestselling author of *The Handbook for Catholic Moms* and *A Book of Saints for Catholic Moms*. She hosts the weekly *Catholic Moments* podcast and the *Catholic Mom* television show. Hendey is a technology contributor for EWTN's *Son Rise Morning Show* with Brian Patrick and a regular guest on Relevant Radio's *On Call* afternoon show.

She is a columnist for *Faith & Family Live*, *Catholic News Agency*, and *Catholic Exchange*; and her articles have appeared in *Catholic Digest*, *National Catholic Register*, and *Our Sunday Visitor*. She travels nationally giving workshops on faith, family, and Catholic new media topics. Her schedule has included the Los Angeles Religious Education Congress, Catholic Marketing Network, the University of Dallas Ministry Conference, and the National Council of Catholic Women. Hendey lives with her family in Fresno, California.

“Giving ourselves generously and with integrity means being ready to bloom where we are planted and to not be choked out by thorns, withered by drought, or trampled underfoot as we reach for the light. We are called to live our yes in the world as we find it and to speak our yes to that waiting world.”

**From
*The Grace
of Yes***



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Praise for *The Grace of Yes*:

“*The Grace of Yes* shows why Lisa Hendey resonates with so many people around the world. With clear, accessible language, she teaches that the profound lessons of the Gospel can inform our daily lives. Every one of our interactions and every one of our decisions give us the opportunity to learn and grow in the way God intended. Lisa understands that, and when you read this book, you will, too.”

Carolyn Y. Woo

President and CEO, Catholic Relief Services

“‘No’ is safe. ‘No’ is simple. But ‘no’ isn’t always the right answer. Lisa Hendey’s *The Grace of Yes* teaches, challenges, and encourages us how to say yes to God and others. Should you read this book? Yes! And God’s grace will work within you.”

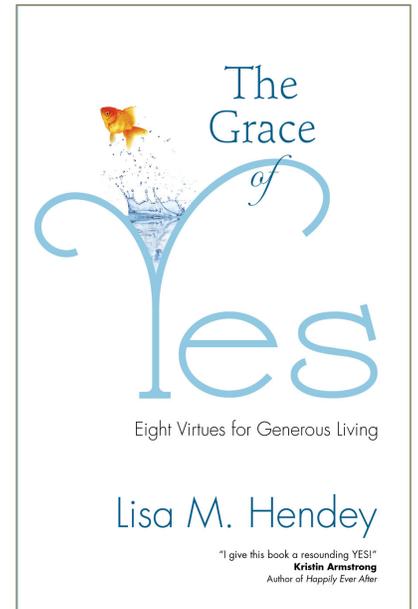
Lino Rulli

Host of *The Catholic Guy*

“We spend so much time thinking about the yeses in our calendars, our checkbooks, our parenting, and other relationships that we sometimes forget the most important yes of all—our response to the call of God. Hendey shares her wisdom, her heart, and her experiences to remind us and refine us as we read. I give this book a resounding YES!”

Kristin Armstrong

Author of *Happily Ever After*



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Suggested Interview Questions:

- 1 Why did you decide to share your personal faith story in *The Grace of Yes*?
- 2 Of the eight virtues you outline, is there any one that you feel is most important?
- 3 How can we be more like the apostles in saying yes to God?
- 4 What can other Christians (non-Catholics) relate *The Grace of Yes* to in their lives?