

Colette Lafia
Seeking Surrender: How a Trappist Monk
Taught Me to Trust and Embrace Life
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Colette Lafia Author Bio

Colette Lafia is the author of *Seeking Surrender: How my Friendship with a Trappist Monk Taught me to Trust and Embrace Life* and *Comfort and Joy: Simple Ways to Care for Ourselves and Others*, which was named one of the best spiritual books of 2008 by Spirituality and Practice. A San Francisco-based spiritual director, educator, and part-time children's librarian, Colette has led spiritual and self-care workshops for many organizations and groups, including the Archdioceses of San Francisco, Mercy Center, the Institute for Health and Healing, and the San Francisco Unified School District.



Colette is passionate about awakening people to the love of the Divine and helping them connect more deeply with the presence of the sacred in their daily lives. To contact Colette, learn more about her offerings, and find out how she can work with you or your group, please visit her website at www.ColetteLafia.com.

About *Seeking Surrender: How My Friendship With a Trappist Monk Taught Me to Trust and Embrace Life*

Colette Lafia's palpable openness and warm storytelling lead readers through the same compassionate process that led the author to accept herself, find peace with life, and strive for an ever-deepening relationship with God.

Readers will find simple exercises and profound advice for living a more conscious and intentional life, ultimately discovering a new attitude of acceptance and letting go.

