



Between the Dark and the Daylight: Embracing the Contradictions of Life

Joan Chittister

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“There is a part of the soul that stirs at night, in the dark and soundless times of day, when our defenses are down and our daylight distractions no longer serve to protect us from ourselves,” writes beloved author, Joan Chittister. “It’s then, in the still of life, when we least expect it, that questions emerge from the damp murkiness of our inner underworld...These questions do not call for the discovery of data; they call for the contemplation of possibility.”

In words as wise as they are inspiring, *Between the Dark and the Daylight* explores the concerns of modern life, of the overworked mind and hurting heart. These are the paradoxical—and often frustrating—moments when our lives feel at odds with everything around us.

Only by embracing the contradictions, Chittister contends, may we live well amid stress, withstand emotional storms, and satisfy our yearnings for something transcendent and real. By delving into the chaos, this book guides us through the questions that seemed easier to avoid and enlightens what has been out of focus.

With her signature elegance, wit, and spirit, the bestselling author of *The Gift of Years* and *Following the Path* opens our eyes and hearts in these times of confusion. With simple and poignant meditations, *Between the Dark and the Daylight* reveals how we can better understand ourselves, one another, and God.

From the Hardcover edition.

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