



### **23. Non-fiction – Self-Help / Religion**

#### **HEROIC LIVING by Chris Lowney**

You wake up one morning and realize that the life you've imagined has eluded you. You sense that there is something better – something bigger – waiting out there for you, but you can't quite put your finger on what it is. Everyone knows that fame and fortune aren't the answers to true satisfaction in life... but, then, what *is*? The answer lies in discovering and following your “mighty purpose” for life – a reason for living that is so much bigger than yourself that it transforms you, your relationships, and the world as a result.

In *Heroic Living*, best-selling author and former investment banker Chris Lowney combines his business expertise with proven practices of Ignatian spirituality to help each of us – regardless of calling, career, or current situation – discover our own mighty purpose and develop a personal life strategy that helps us achieve it. By merging astute business knowledge and spiritual wisdom, Lowney provides the tools and strategies needed to make practical, long-term life changes that move us away from our fractured, compartmentalized lives and toward the satisfaction and wholeness that each of us desires so deeply.

**Chris Lowney**, a former Jesuit, was named a Managing Director of J.P. Morgan & Co. while still in his thirties and held senior positions in New York, Tokyo, Singapore, and London before leaving the firm in 2001. He is the author of the best-selling *Heroic Leadership* which was sold in many languages.

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