

## BOOK REVIEW

# MAKE MY LIFE *SIMPLE*

*Bringing peace to heart and home*

By RACHEL BALDUCCI

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This spritely little book is chock full of everyday wisdom and saintly quotes. It is an enjoyable and thought provoking deep inside and everyday outside look at the life of a woman, who is a writer, wife, and mother of 5 boys and one girl in her own words. I think anyone, no matter their state of life, will find this delightfully encouraging mentally, physically and spiritually.

The author deftly intersperses biblical quotes and some from saints, while explaining how she is feeling and thinking at a given time, what housework is done or not, and where her interior life with God is. "Pray as though everything depends on God-work as though everything depends on you" quote from St. Ignatius of Loyola is in the Introduction.

In the first Chapter, the author shares the basic task of making your bed first thing in the AM gets the day started with an accomplishment. She suggests looking at each item of clutter and deciding if it is ready to be thrown or given away, or kept in an organized manner with like items. A friend of hers thanked each item in the first group for the happiness and usefulness that it brought before making the disposition. Containers in each child's room help them make decisions about values also.

Balducci has "Prior planning prevents poor performance" in quotes, but no credit for authorship is given. I find a rolodex type calendar designed to be carried over from year to year is very helpful in remembering family and friend important dates. Mine has a page for each day so there is enough room to do this and for me checking it on the first of each month gives me time to acknowledge them.

Jesus first,

Others next

Yourself last

= JOY

The creed of Jesus first, Others next and Yourself last = JOY is one of the main themes permeating the whole book. In her Chapter about Fear, she quotes "Has it ever struck you that those who most fear to die are the ones who most fear to live?" from Anthony de Mello's *Selected Writings*. Saint Teresa of Calcutta's quote "I belong to You-You can do whatever you

want” also depicts the author’s complete trust in God when she is at her very best. Like most of us that is not our constant mode, she would readily admit.

Even after we fall and dust ourselves off once again,”...We keep moving forward, grateful for the gift of life and the journey of learning to hear God’s voice in the midst of it all” is the appropriate last sentence in this work.

Review by Pat nee Deit

<https://melkplace.com>