

CHOOSE JOY



LOYOLAPRESS.

It is precisely because we so fundamentally doubt that we are worthy of love that we find it difficult to traverse the terrain of our vulnerability so that we can choose joy. This is the gentle soft spot that can reach across and connect finally with the other, to make the shift from protected heart to vulnerability. The homies discover tenderness as their weapon of choice. To be grounded in our “tenderoni” self is to know that we will endlessly struggle with our worthiness to be loved.

Turns out, this is a necessary ingredient to being courageously tender with other people and is the door that opens to joy.

Excerpt from **Forgive Everyone
Everything** by Gregory Boyle

Art by Fabian Debora.
Available from Loyola Press.
www.homeboyauthors.com

