



# How to Live a Holy Life

*Gregory Postnikov*

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## **How to Live a Holy Life** Gregory Postnikov

This pocket-sized book, originally published in Russian in 1904, is a short but comprehensive work offering guidance to the Christian on how to conduct himself through the course of the day. In an eminently straightforward manner the author describes how to conduct oneself in the morning, in relation to God, in common situations of life, in daily work, during meals, during the afternoon rest, in the evening, before sleep, and during sleeplessness. He concludes with a consideration of prayer and guidance and on how to spend Sundays. A biography of the author, Metropolitan Gregory (Postnikov) of St. Petersburg (1784-1860), concludes the work.

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