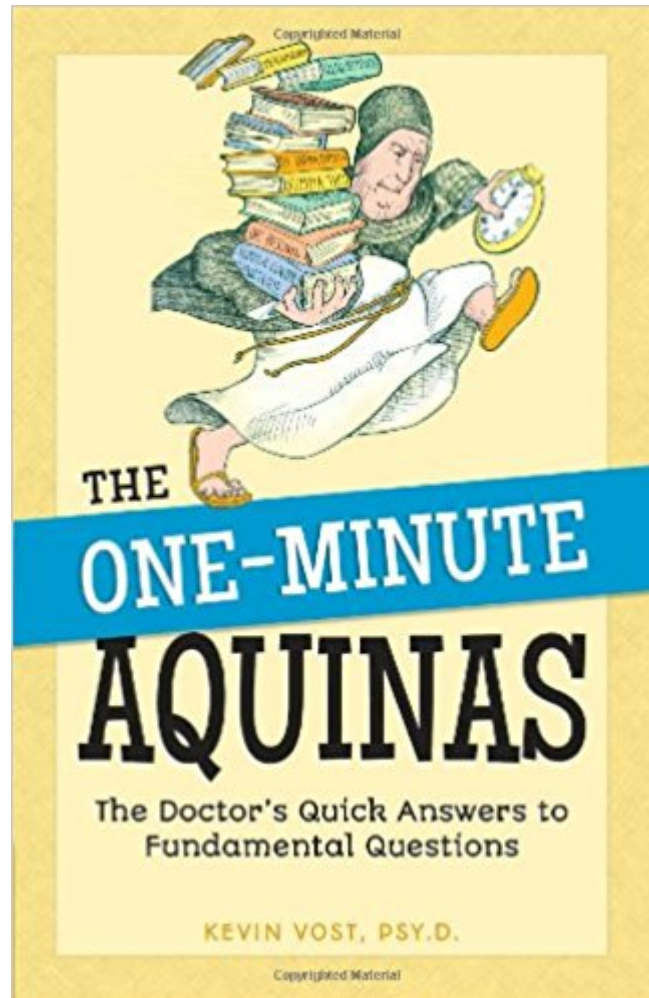




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# One-Minute Aquinas



## Synopsis

25 popes consider St. Thomas Aquinas the Church's preeminent theologian because he saw truths about God, our Faith, and the Christian life which had never been seen before. But do you have time to read the 3,000 pages in his *Summa Theologica*? Do you struggle to understand the abstract theological terms he uses in *On Being and Essence*? Perhaps you, like so many of us, desire to be taught by such a great philosopher as Aquinas, but feel he is well beyond your reach. Not anymore. In *The One-Minute Aquinas*, veteran Catholic author Dr. Kevin Vost provides you with simple, readable explanations of St. Thomas's life-giving wisdom. In these lucid pages, you will read small, digestible portions of St. Thomas's answers to questions such as . . . Why do souls need the sacraments? Why didn't Jesus write the Bible himself? What are simple proofs of God's existence? What is heaven, and what is it not? Why did Jesus allow himself to be crucified? How can I grow quickly in virtue? Who are the angels and what are their powers? What is God's power and its limits? Why did God become man? Why did Jesus allow himself to be tempted? And you'll learn countless, but quick, refutations to the relativistic and secular ideas that are so destructive to our culture today. We are not all called to be intellectuals, but we are called to have an ever deeper understanding of our Faith.

## Book Information

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## Customer Reviews

Most modern readers never discover Aquinas because they are put off by the sheer bulk of his writings. Kevin Vost has done such readers a favor by serving up the saint's arguments in bite-sized chunks that anyone can digest. --Karl Keating, President of Catholic Answers It takes the reader by

the hand, step by step, from confusion to clarity, from chaos to order, and from our simplest beginning, our search for happiness, to our final end, eternal union with God. You don't need a philosophy degree or an I.Q. of 165 to profit from this book. You need only an open mind and an honest, searching heart. --Peter Kreeft, Author of Summa of the Summa and Professor of Philosophy, Boston College

For clarity choose Aquinas. For clarity on Aquinas choose Kevin Vost. Ideal for anyone who wants to cut through the silly sentimentality of modern religion and work up a brain sweat with some sound and serious thinking. --Fr. Dwight Longenecker

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Pope St. Pius X said that "in just one year, a man can derive more profit from the works of St. Thomas Aquinas than from a lifetime studying the works of others." If you don't have a year to study the more than 3,000+ pages St. Thomas wrote, then turn to The One-Minute Aquinas, the fast-paced book that provides busy readers with simple, readable explanations of the truths that, for 750 years now, have caused the works of St. Thomas to be sought out by kings and popes, scholars and saints, as well as by ordinary souls like you hungry to know God and to love him more and more. In this book's lucid pages, author Kevin Vost gives you small, digestible portions of St. Thomas's life-giving wisdom that you can enjoy one minute at a time. Tables and graphics will help you grasp and remember St. Thomas's key ideas with a minimum of time and effort. Best of all, in The One-Minute Aquinas you'll find quick, sure refutations of the countless relativistic, secular, and pseudoscientific ideas that are so influential in our culture today and so shallow, contradictory, and wrong! Pope John Paul II declared that "The Church has been justified in consistently proposing St. Thomas as a master of thought and a model of the right way to do theology." Now The One-Minute Aquinas enables even those with limited time and only a modest education to benefit from the wisdom of this great saint. Here, with minimal effort and among scores of other things, you'll finally come to know and understand: Why God permits evil, Why He created the universe, His power and (yes!) its limits. Why Jesus let Himself be tempted. How you can grow quickly in virtue. The natural law and the Commandments. The causes of lust (and how to remedy it). Aquinas's five simple

proofs that God exists Grace: did you know there are six kinds? Temperance (and what it does not forbid) Fortitude, and the virtues that strengthen it Mary: can she really be the Mother of God? And more!

The One Minute Aquinas by Kevin Vost is an excellent book. Kevin does a great job getting into the mind of Saint Aquinas. It teaches what all Christians should do, to understand what God wants from us, to better understand our Catholic faith, and no one has done a better task than explain it than Saint Thomas Aquinas. It is very well laid out , clear and concise and above all its easy to understand. For people as myself and others out there who don't have time in reading "The Summa Theologica" which is very deep and hard to understand unless your a biblical scholar or theologian, then this is the book for you, its easy to read its quick and you also get an insight into Saint Thomas Aquinas mind. Definitely recommended.

Kevin Vost is one of my favorite Catholic writers. He has a gift for taking big scary theological tomes and themes and condensing them into plain language without losing the importance, the essence or the beauty of the original. Summa Theologica has been on my self for at least a decade. I am not getting it out just yet, but it is niggling in my mind to do it soon. What a wonderful book this was. Aquinas may be a Catholic saint, the Angelic Doctor, and Vost may be writing to a mainly Catholic audience, but anyone interested in theology and the strong arguments Aquinas gave us should read this book.

St. Thomas in one of the "Dumb Ox Box"™ sections (short diversions from the main topic flow) says a philosopher should never be boring. He isn't. (Unlike the imbeciles I suffered through during the mandatory Introduction to Philosophy I had to take in college.) Though I admit that this is more like a 3-5 minute Aquinas, as it take a bit extra for me to absorb ideas that have never occurred to me before. But then each part of the flow leads to the next one so smoothly that I find I went 30 - 40 or so pages at a jaunt. Of course it no doubt helps that I am reading a summary of his summary. No wonder the nuns in my grade school liked him far more than St. Augustine.

Five stars because the book delivers what the description contains: a one-minute (well more than one minute, but short) summary of the fundamental questions. It is written in the current English style so it is easy to understand even the difficult philosophical progression of ideas. Every once in a

while, there is a "Dumb Ox question" (because Aquinas was big and seemed dumb to his school mates and "earned" him this name) to refreshingly break the movement of ideas. My only regret is that it does not contain all of the questions -- that would have given it a six-star rating.

A great book that breaks down the main points about various spiritual things from the works of St. Thomas Aquinas. It is full of definitions, and three page information that makes it easier to dispel good from bad teachings and beliefs. This could be a stepping stone for further studies in theology and the study of this highly educated Saint. Every chapter is from 3-4 pages with short note pages to keep your mind working. Best to read it once and then read it again later, so the definitions, and concepts become clearer. I love the book. I started with the paper back versions of Summa Contra Gentiles, of St. Thomas Aquinas, four book set when I was in high school and first year college. In college we were asked to explain who God was. No one raised their hand. I did and explained it from what a rock to the highest angel, and that we could not proceed into infinity, but have to stop at what we call God. He has specific attributes over all the other forms of beings and things. The professor asked where I got that from, and then said, "Well Read." You too can give good answers on many topics found in One-Minute Aquinas. Pax et Bonum Paul CFP

I like to read something in the morning and evening that helps me grow in my faith and this was a good book for that purpose. I enjoyed the writing style and content. I took one star off as some of the early chapters are clearly not "one-minute". Overall, a good, quick daily reader.

This is a highly accessible book covering a very complicated topic - the Summa Theologica. I read it through cover to cover the first time and now I keep it around and just open it randomly for a few minutes at a time. A real treasure. Vost keeps the mood light somehow with puns and complicated information in tables for easy reference.

It has been since College (55 years ago) that I read Thomas Aquinas. One-Minute Aquinas would have been great "Cliff Notes" back in the day. I love the touch of humor that Vost weaves in to the "solid thoughts" of St. Thomas. Great title.

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