

# THE ART OF LIVING

## THE CARDINAL VIRTUES AND THE FREEDOM TO LOVE

*The Art of Living* is a six-session master class on how to understand and implement the four cardinal virtues of prudence, fortitude, temperance, and justice, featuring Dr. Edward Sri.

Dr. Sri breaks down each of the four cardinal virtues, the ways we can strengthen our practice of these virtues, and the vices that oppose them. Using real-life examples, thoughtful storytelling, and the rich history of the Catholic Church's saints and theologians, you will be inspired to love others more deeply and authentically.



WITH DR. EDWARD SRI

### JOIN US TO WATCH THE SERIES TOGETHER!

**Dates:**

**Time:**

**Location:**



SCAN FOR  
GREAT CATHOLIC  
CONTENT

To find *The Art of Living* and more great Catholic content, register for a FREE account at [formed.org/signup](https://formed.org/signup)

Watch now on **formed**<sup>™</sup>

FROM THE **Augustine** INSTITUTE