



## Benedict's Way: An Ancient Monk's Insights for a Balanced Life

By Lonni Collins Pratt, Daniel Homan

Loyola University Press, U.S., United States, 2001. Paperback. Book Condition: New. First Edition, First ed.. 160 x 132 mm. Language: English . Brand New Book. An excellent source for spiritual reading today, Benedict's Way is actually a collection of practical principles for living developed back in the sixth century. Devised by a monk named Benedict so that he and his fellow monks could grow together in Christian spirit, the Rule of St. Benedict continues to guide and nurture ordinary men and women today who seek to live a balanced spirituality. In 30 short chapters, authors Lonni Collins Pratt and Father Daniel Homan provide stories, reflections, prayers, and actions through which the reader can understand Benedict's principles and allow them to shape ordinary life. This small but powerful book can be used for personal retreat, spiritual reading, and general reflection.



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