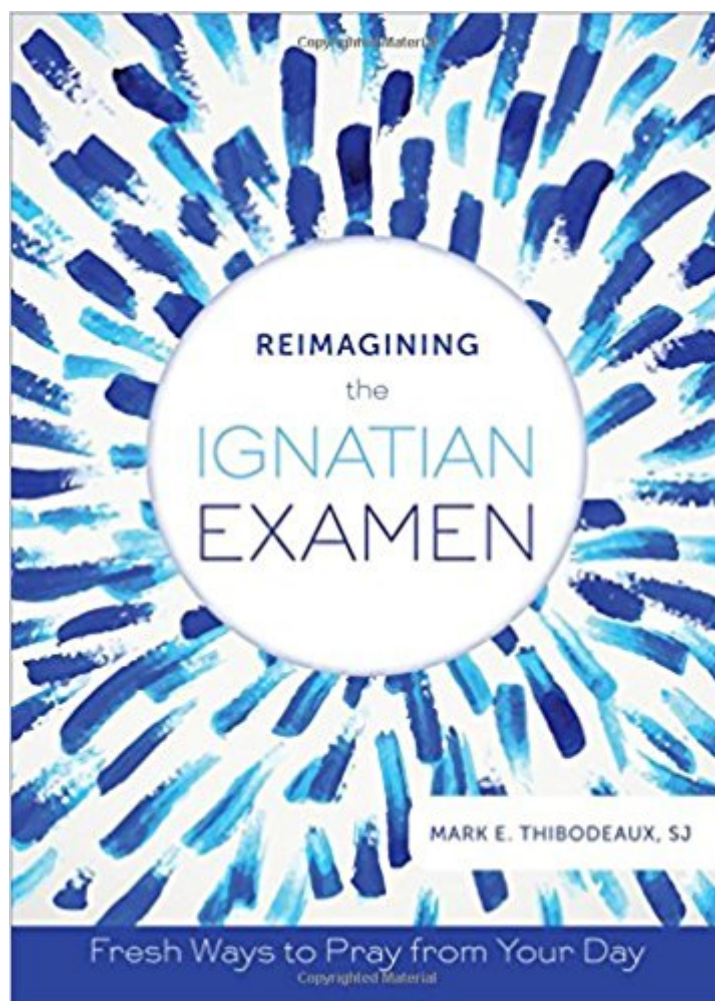


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Reimagining The Ignatian Examen: Fresh Ways To Pray From Your Day



Synopsis

Following the example of St. Ignatius, we believe that praying the Examen will lead to a better life. The 500-year-old daily practice of honest self-assessment and reflection is a founding principle of Ignatian spirituality. What we don't know is if St. Ignatius ever felt like changing it up a bit. Jesuit speaker and author Mark Thibodeaux, SJ, is confident that St. Ignatius wouldn't mind a little flexibility in his prayer. Join Thibodeaux as he guides you through new and unique versions of the Examen, totally flexible and adaptable to your life. In ten minutes, you can tailor your daily prayer practice to fit your personal and situational needs, further enhancing and deepening your meditation. Reimagining the Ignatian Examen "the only book of its kind" will lead you through a fresh and stimulating reflection on your past day, your present state of being, and your spiritual desires and needs for tomorrow.

Book Information

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Customer Reviews

I'm crazy about it. Based on a 500-year-old prayer by Saint Ignatius Loyola, it is one of the most useful prayer methods I've encountered. (Suzanne Elizabeth Anderson Summit Daily)

Mark E. Thibodeaux, SJ, serves as novice director for Jesuits in formation and is an acknowledged expert on the topic of prayer and discernment. He is a well-known speaker and the author of Reimagining the Ignatian Examen, God's Voice Within, God, I Have Issues, and Armchair Mystic. He lives in Grand Coteau, Louisiana.

Yes this is excellent. It shows ways to examen your day. It took me almost a year to do it at most 5 times a week. It takes 10 minutes to do or 7 or 8. It shows a. Way to see the good in your day and the not so good without judging self. Some days I must force self to do it. But it is like exercise. 5 stars. Money well spent if you regularly do it. You can see God helping you as a result of taking the 10 minutes.

Great new perspectives for everyday examen. Perfect to use on occasion when time permits for a deeper reflection.

very easy to read...and only takes about 10 minutes a day.

This book was a true gift to my spiritual life. I recommended it to MANY of my students and gave several as Christmas presents. Excellent resource for prayer.

Great distillation of the Examen and creative daily guide.

Wonderful little book for daily use. Beautiful exercises to strengthen your spirit.

Excellent book to help stay focused on personal growth in the Ignatian way.

Prompt delivery. I have used it once, and can already tell it is influencing my prayer life.

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