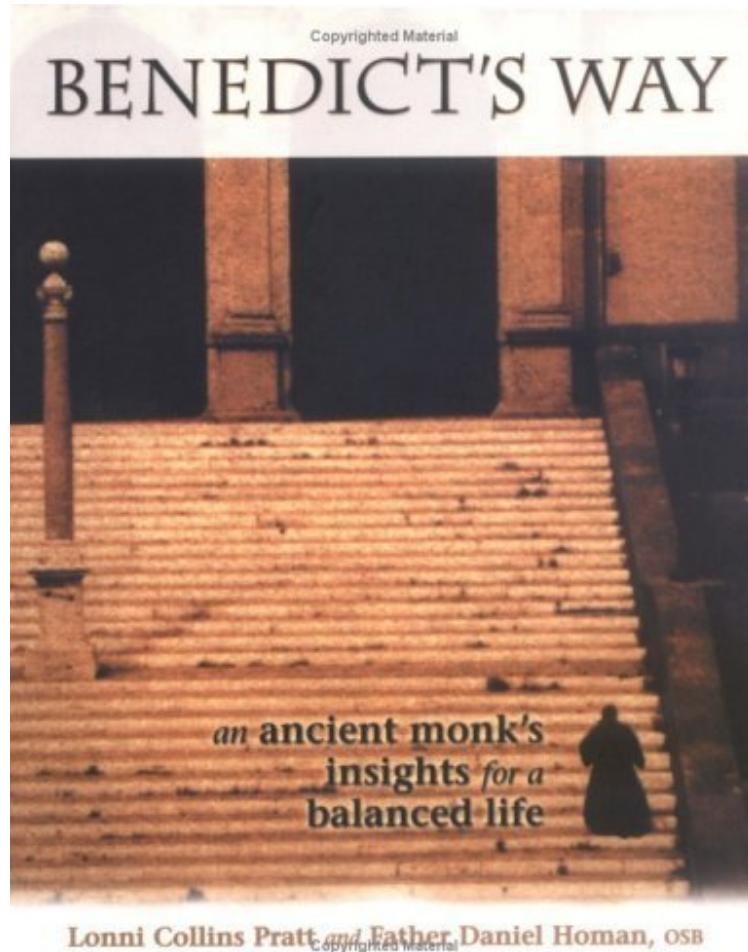


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## Benedict's Way: An Ancient Monk's Insights for a Balanced Life

Von Lonni Collins Pratt

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KurzbeschreibungIn the sixth century, a monk named Benedict devised a code of practical principles by which he and his fellow monks could live together and grow in Christian spirit. Centuries later, the Rule of St. Benedict continues to guide and nurture men and women--both inside and outside monasteries--who seek to live a balanced spirituality. This contemplative guide is for individuals of all faiths in search of timeless wisdom.KurzbeschreibungIn the sixth century, a monk named Benedict devised a code of practical principles by which he and his fellow monks could live together and grow in Christian spirit. Centuries later, the Rule of St. Benedict continues to guide and nurture men and women--both inside and outside monasteries--who seek to live a balanced spirituality. This contemplative guide is for individuals of all faiths in search of timeless wisdom.Synopsis A collection of stories, reflections, prayers, and exercises draws on the teachings and insights of the sixth-century monk St. Benedict to help readers shape the everyday spiritual lives.