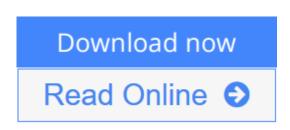


# Living with Contradiction: An Introduction to Benedictine Spirituality

By Esther de Waal



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These simple and inviting reflections on the Rule of St. Benedict take as their starting point our search for wholeness in a world that is fragmented and increasingly polarized. Many people today struggle to balance the demands of professional and personal lives, and find little satisfaction or peacefulness in either. Yet the ancient wisdom of St. Benedict offers a clear and helpful pathway that leads directly to healing, transformation and new life.

Written in de Waal's inimitable style, this book is for old friends of the Rule of St. Benedict and novices alike. Holding up segments of the Rule, de Waal's meditations on Benedict's words illuminate the wisdom of the Rule not only for those of Benedict's time, but for all of us today as well.

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#### Living with Contradiction: An Introduction to Benedictine Spirituality By Esther de Waal Bibliography

- Sales Rank: #87490 in Books
- Published on: 1998-01-01
- Original language: English
- Number of items: 1
- Dimensions: 7.99" h x .39" w x 5.00" l, .37 pounds
- Binding: Paperback
- 176 pages

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