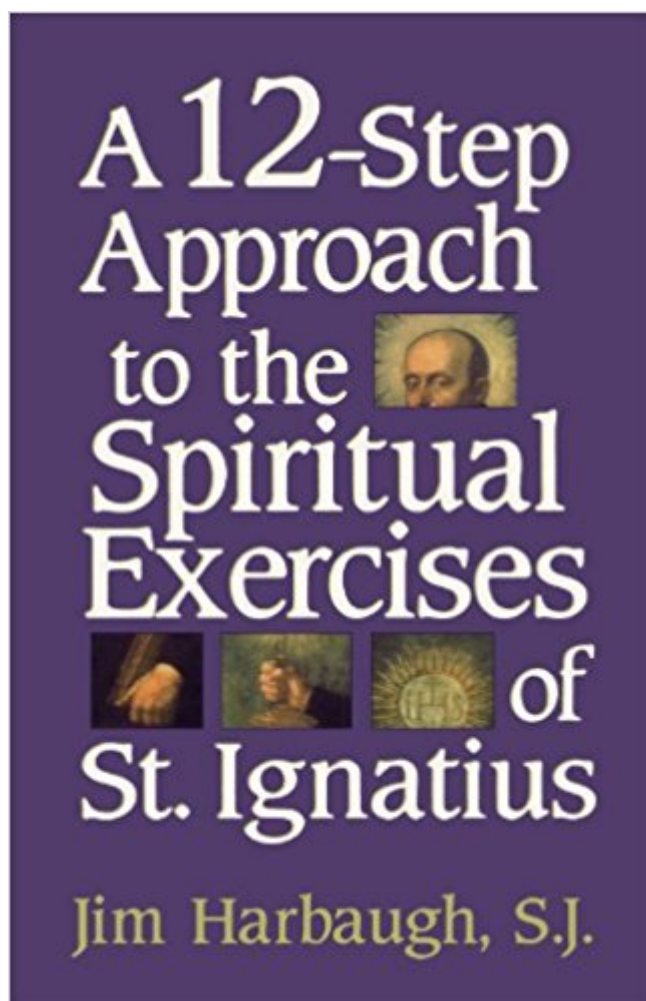


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# A 12-Step Approach To The Spiritual Exercises Of St. Ignatius



## Synopsis

Based on the parallels between St. Ignatius and Bill Wilson, the co-founder of Alcoholics Anonymous. These 52 meditations consist of sections from St. Ignatius's Spiritual Exercises, followed by an exploration of both what it means and how it relates to 12-Step philosophy. At the end of each meditation is a short encapsulation, which Father Harbaugh whimsically calls a Second Prelude, to go. Refreshing and down to earth, this book will set you briskly along a new path and greater independence.

## Book Information

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## Customer Reviews

A wonderful additional innovative way to go through the Spiritual Exercises of St. Ignatius while living one day at a time in recovery. It is laid out with weekly readings for meditation with references to the Big Book and 12 and 12.

Father Harbaugh adds flesh to the 12-Step programs (although he refers mainly to Bill's) with the use of one of the most powerful spiritual tools that the Catholic Church has had in its possession thanks to Saint Ignatius of Loyola: the Spiritual Exercises. For over 400 years these have served countless individuals in making life choices, discerning the good and the bad, and living lives of true disciples. Anyone who is or becomes familiar with these methods will find a welcome spiritual help in living out the 12-Steps. It is amazing how these complement each other.

Love, love love it!!!!

The book is a useful tool for improving your spiritual life. It works well when read and used alone and, as in my case, I started a group that meets once a week to read the weekly meditations and then all in attendance share about what they got and experienced from the meditation. A 12-Step Approach to the Spiritual Exercises of St. Ignatius

As someone who's interested in the Spiritual Exercises of St. Ignatius, it's been interesting to see the comparison with the 12 Steps. I would recommend this book to anyone who shares the same interest and wants a deeper relationship with God.

A good guide for those who direct the Exercises.

Excellent mix of the 12 steps and the Spiritual Exercises. I am thoroughly enjoying it!

I am sure the reader will receive a better, if somewhat different, understanding of the Spiritual component of the AA 12-Step program. This is not meant to replace the tenants of the Big Book, but is a worthwhile companion. A 12-Step Approach to the Spiritual Exercises of St. Ignatius

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