

1. Record Nr.	UNINA9910156225103321
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Titolo	A simple, life-changing prayer : discovering the power of St. Ignatius Loyola's Examen // Jim Manney
Pubbl/distr/stampa	Loyola Press
ISBN	0-8294-3562-X
Disciplina	248.3
Soggetti	Prayer - Catholic Church Spiritual life - Catholic Church
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	The examen in a nutshell -- Why is this a good way to pray? -- Some problems that the examen solves (at least partly) -- Step one: pray for light -- Step two: give thanks -- Step three: review the day -- Step four: face what's wrong -- Step five: do something, but not just anything -- The real-time examen -- Now it's your turn -- A note on language, resources, and sources.