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Altri autori (Persone)	FrederickThomas V
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Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Introduction -- Week 1 : the relationship between uncertainty and worry -- Week 2 : an introduction to contemplative practice -- Week 3 : Ignatian prayer -- Week 4 : the Jesus prayer -- Week 5 : an introduction to centering prayer -- Week 6 : a continuation of centering prayer -- Week 7 : an introduction to the welcoming prayer -- Week 8 : surrendering to divine providence in daily living.