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Titolo	Life in the medieval cloister // Julie Kerr
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Descrizione fisica	1 online resource (271 p.)
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Soggetti	Monastic and religious life - Europe - History - Middle Ages, 600-1500 Britische Inseln
Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The precinct, the people, the daily regime -- The severity of monastic life (1) : diet, sleep, clothing, and bathing -- The severity of monastic life (2) : family ties, health, and sickness -- The sound of silence (1) : the silence of the cloister -- The sound of silence (2) : the silence of the night -- A life of obedience -- Crimes and misdemeanours -- The work of God (1) : the communal life -- The work of God (2) : the monk alone.
Sommario/riassunto	This book will make an important contribution to our understanding of monastic life by exploring key aspects that have been either inadequately addressed or overlooked by historians. For example, what effect did the ascetic lifestyle have on the monks' physical health and mental well-being? How difficult was it for newcomers to adapt to the rigours of the cloister? Did the monks suffer from anxiety and boredom; what caused them concern and how did they seek comfort? What did it really mean to live the solitary life within a communal environment and how significant were issues of loneliness and