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Sommario/riassunto	A renewed interest in the spiritual, with an increasing number of people today wishing to incorporate the contemplative in their active lives, prompts the reissue of this classic work, a doctrine that is at once elevated and practical. The writings are meant to be studied from three distinct points of view: religious philosophy, material for the study of those states between mind and body such as ecstasy and trance, and for the sake of their mysticism. Drawn from the writings and teachings of Saint Augustine, Saint Gregory and Saint Bernard, the writings form a coordinated body of doctrine