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Sommario/riassunto	A history of the monastic pursuit of eternal salvation in the early medieval West, revolving around a seventh-century monastic rule for nuns, the 'Regula cuiusdam ad uirgines'. The seventh-century 'Regula cuiusdam ad uirgines' (Someone's Rule for Virgins), which was most likely written by Jonas of Bobbio, the hagiographer of the Irish monk Columbanus, forms an ideal point of departure for writing a new history of the emergence of Western monasticism understood as a history of the individual and collective attempt to pursue eternal salvation. The book provides a critical edition and translation of the 'Regula cuiusdam ad uirgines' and a roadmap for such a new history revolving around various aspects of monastic discipline, such as the agency of the community, the role of enclosure, authority and obedience, space and boundaries, confession and penance, sleep and silence, excommunication and expulsion.