Spiritual Direction

Who is it for & What are its benefits?

What you will learn about spiritual direction:

- What it is and how it emerged and developed throughout history
- Why we can have confidence in the Church's guidance as seen from Scripture & Tradition
- What the saints said about it
- The common needs that it fulfils
- How it helps us to respond to the universal call to holiness
- What to look for when choosing a spiritual director
- Good tips on how young people can benefit from this form of guidance
- Provides good suggestions on what the directee can talk about with his director
- And more!

Fr Michael de Stoop
Foreword by George Cardinal Pell

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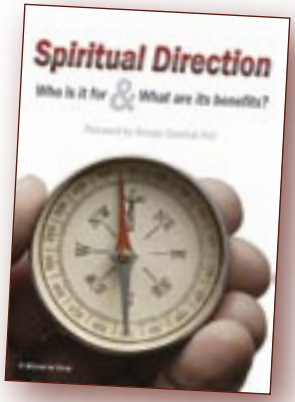

"Through this easy-to-use guide to spiritual direction, Fr Michael proposes a means by which youth can connect with God ... the perfect aid for any young person desiring to grow in holiness."
- Lyndon Cox, Director of CYS, Archdiocese of Sydney

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