



The Ignatian Workout: Daily Exercises for a Healthy Faith

By Tim Muldoon



The Ignatian Workout: Daily Exercises for a Healthy Faith By Tim Muldoon

Get Fit Spiritually

We look at the world—and at God—in drastically different ways than our ancestors did, and yet the wisdom of a sixteenth-century Catholic saint perfectly suits our doubtful, antiauthoritarian, pluralistic age. St. Ignatius of Loyola believed that we could know God better by paying attention to his work in our lives, our experiences, our imagination, and our feelings. His Spiritual Exercises, an enduring masterpiece of spiritual insight, teaches us to grow spiritually by learning to respond in concrete, practical ways to this divine presence.

The Ignatian Workout presents St. Ignatius's wisdom in today's language—as a daily program of “workouts” to achieve spiritual fitness, tailored to people with busy schedules. It is a program that shows us how to recognize and respond to a God who is already at work in us, inviting us into a deeper relationship and into richer lives of love and service.

“A thoughtful, clever, and very practical introduction to Ignatian spirituality.”
—J. A. Appleyard, S.J., vice president for University Mission and Ministry
Boston College

“The Ignatian Workout is a valuable contribution to contemporary writing on Ignatian spirituality. Muldoon does a fine job of illustrating just how relevant this spirituality is for today’s young adults.”

—J. Michael Sparough, S.J., director of Charis Ministries Ignatian Spirituality for Young Adults

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Editorial Review

Review

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From the Back Cover

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About the Author

Tim Muldoon is a Catholic theologian, author, spiritual director, and professor in the Boston College Honors Program. He is married with two daughters.

Users Review

From reader reviews:

Jennifer Bryan:

Are you kind of busy person, only have 10 or even 15 minute in your moment to upgrading your mind proficiency or thinking skill actually analytical thinking? Then you have problem with the book in comparison with can satisfy your short space of time to read it because this all time you only find guide that need more time to be learn. The Ignatian Workout: Daily Exercises for a Healthy Faith can be your answer as it can be read by a person who have those short extra time problems.

Matthew Schwartz:

In this time globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The particular book that recommended for you is The Ignatian Workout: Daily Exercises for a Healthy Faith this book consist a lot of the information in the condition of this world now. This particular book was represented so why is the world has grown up. The dialect styles that writer require to explain it is easy to understand. The particular writer made some exploration when he makes this book. Honestly, that is why this book suited all of you.

Justin Davis:

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Ruth Little:

Some people said that they feel bored stiff when they reading a guide. They are directly felt the idea when they get a half parts of the book. You can choose typically the book The Ignatian Workout: Daily Exercises for a Healthy Faith to make your current reading is interesting. Your personal skill of reading expertise is developing when you just like reading. Try to choose simple book to make you enjoy to read it and mingle the impression about book and reading through especially. It is to be initial opinion for you to like to wide open a book and read it. Beside that the book The Ignatian Workout: Daily Exercises for a Healthy Faith can to be your friend when you're truly feel alone and confuse with the information must you're doing of these time.

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