



The Ignatian Workout: Daily Exercises for a Healthy Faith

By Tim Muldoon

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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:

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Justin Davis:

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