

### **B1 Spiritual Freedom: Ignatian Exercises and the Art of Guidance**

by [John J. English](#)

This new edition of English's classic text expands his original work to include a new preface, a more comprehensive bibliography, and three additional chapters. Using his own experience as a spiritual guide, Fr. English leads the readers through the meditations of the Spiritual Exercises, and provides spiritual counselors with a deeper understanding of the fundamental principles in the Exercises.

### **B2 What Is Ignatian Spirituality?**

by **David Fleming, SJ**

Fleming offers bite-size chapters on love, pilgrimage, prayer, work, discernment and sin, each highlighting an aspect of the spirituality of Ignatius Loyola, founder of the Jesuits. This highly accessible summary of the key elements of Ignatian spirituality includes a look at contemplative prayer, discernment, and what it means to be actively involved in service and mission. Fleming thoughtfully explains Ignatian spirituality and how this centuries-old method of disciplined reflection on God's work in the world can deepen our own spiritual lives and guide the everyday decisions we make.

### **B3 The Spiritual Exercises of Saint Ignatius: A Translation and Commentary**

by **George Ganss, SJ**

A simple manual for making, directing, or studying the Spiritual Exercises, this modern translation aims to capture Ignatius of Loyola's ideas and nuances accurately while adjusting his Spanish text for modern English-speaking readers.

### **B4 Zen and the Spiritual Exercises Paperback**

by [Ruben L F Habito](#)

The practices of the East meet those of the West in this intriguing book on the relationship between Zen meditation and the Spiritual Exercises of St. Ignatius Loyola. Ruben Habito, a Zen Master as well as an expert in Ignatian spirituality, brings these two hallowed paths to enlightenment together in this intriguing book designed not only for believers in either tradition, but for seekers and beginners as well. Both comparing and contrasting Zen traditions of meditation and enlightenment with St. Ignatius' famous Exercises for attaining Divine Love, Habito offers suggestions on how the two traditions share the same goals and how each might benefit from the other or from their shared practice. As the reader follows Habito through the stages of purgation of false desires, illumination of one's true path, and the generous desire to give back what one has been given through the Divine, Habito shares illuminating and instructive stories, literary and spiritual reflections, and thought-provoking ways on how to update Zen and Ignatian spirituality to meet the needs and desires of a contemporary seeker.

### **B5 A 12-Step Approach to the Spiritual Exercises of St. Ignatius**

by [Jim Harbaugh](#)

Based on the parallels between St. Ignatius and Bill Wilson, the co-founder of Alcoholics Anonymous. These 52 meditations consist of sections from St. Ignatius' Spiritual Exercises, followed by an exploration of both what it means and how it relates to 12-Step philosophy. At the end of each

meditation is a short encapsulation, which Harbaugh whimsically calls a OSecond Prelude, to go.O Refreshing and down to earth, this book will set you briskly along a new path and greater independence.

**B6 The Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women - 2nd edition**  
by [Elizabeth Liebert & Anne Marie Paulin-Campbell](#)

The Spiritual Exercises could seem irrelevant or even destructive to many women's spirituality. This groundbreaking work reclaims the heart of the Exercises by examining them through the lens of women's experience--both women of the past to understand their presence during the formative years of the Exercises, but primarily women of the present. In doing so the authors have rediscovered the riches of this classic for both genders. The book first reviews the major traditional interpretations of the Exercises and gives a historical view of the women in Ignatius' life and their role in the Exercises. The text itself is examined--how it is entered, its worldview, and its recommended forms of prayer. The four weeks of the Exercises are broken into the problems and possibilities of each; suggestions for each are also given for spiritual and retreat directors. The Exercises are finally examined for those aspects that support moving outward on one's mission. The book ends with a morality play called AnyWoman that gives a dramatic spin to the whole process. The first of its kind, this is deeply meaningful reading for both men and women, particularly those making the Exercises, those giving them, and anyone who has attempted the Exercises but resisted the images, metaphors, or interpretations.

**B7 The Way of Discernment: Spiritual Practices for Decision Making**  
by [Elizabeth Liebert](#)

We all make decisions constantly--some with careful reflection, some without much thought. But what if we understood these decisions, minor as well as major, as matters of faithful spiritual living? In this helpful and encouraging book, Elizabeth Liebert introduces the practice of discernment and guides readers through the process of faithful decision making. Following the way of discernment means becoming increasingly able to notice where God is at work in the world and in one's own life--and becoming increasingly generous with one's own life in response. After briefly exploring the Christian tradition of discernment, Liebert then turns to practical steps and exercises that will help readers as they seek God's call in the midst of their decisions, allowing readers to internalize some of these practices and incorporate them into their daily lives.

**B8 What Matters Most & Why: Living the Spirituality of St. Ignatius of Loyola — 365 Daily Reflections**  
by [Jim Manney](#)

How can I find meaning and joy? How can I think clearly? What's valuable in life, and what's irrelevant? How do we manage anger? What can we do about envy, laziness, resentment? How do I know what matters most? What do I really want? These are the questions that lie at the heart of Ignatian spirituality, the five-hundred-year-old wisdom tradition that has shown leaders, seekers, and does the way to live a better life. The daily readings in this book emphasize answers to pressing questions about satisfaction in work and relationships. St. Ignatius and his friends believed that "God is found in all things" and "love is best expressed in deeds rather than words." The Ignatian way is profoundly

practical. It guides us through the great challenge of life — finding God and finding our place in God’s work to save and heal the world.

### **B9 The Ignatian Adventure: Experiencing the Spiritual Exercises of St. Ignatius in Daily Life**

by [Kevin O'Brien S.J.](#)

In this revised edition of *The Ignatian Adventure*, Kevin O'Brien, SJ, offers a unique way of experiencing the Spiritual Exercises of St. Ignatius in daily life. With O'Brien as our navigator, we adventure through 32 weeks of prayer and meditations that draw us into a deeper encounter with God. What sets this book apart from other Ignatian retreats is how O'Brien incorporates the timeless counsel of wisdom figures throughout the ages and personal stories about living the Exercises in everyday life. O'Brien makes it easy to see how these teachings intersect with the real world.

### **B10 Inner Compass: An Invitation to Ignatian Spirituality**

by [Margaret Silf](#)

Whatever path you're on, God is there to guide you. Anyone seeking to deepen his or her relationship with God will greatly benefit from *Inner Compass*, Margaret Silf's dynamic presentation of the profound insights of St. Ignatius of Loyola's Spiritual Exercises. While reflective, the work exudes a congenial, practical outlook and a thoroughly modern sensibility. As Silf points out, the book "grew out of questions rather than certainty, discovery rather than doctrine, the experience of everyday living rather than academic study." This edition of the acclaimed *Inner Compass* features a new introduction and personal invitation to the reader, plus a significantly expanded resource section. Devoted followers of Ignatian spirituality and spiritual seekers alike will find that wherever life has led them, *Inner Compass* offers renewed direction and purpose and helps them recognize the will of God within their own hearts. This description may be from another edition of this product.

### **B12 Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day**

by [Mark E. Thibodeaux SJ](#)

Following the example of St. Ignatius, we believe that praying the Examen will lead to a better life. The 500-year-old daily practice of honest self-assessment and reflection is a founding principle of Ignatian spirituality. What we don't know is if St. Ignatius ever felt like changing it up a bit. Jesuit speaker and author Mark Thibodeaux, SJ, is confident that St. Ignatius wouldn't mind a little flexibility in his prayer. Join Thibodeaux as he guides you through new and unique versions of the Examen, totally flexible and adaptable to your life. In ten minutes, you can tailor your daily prayer practice to fit your personal and situational needs, further enhancing and deepening your meditation. *Reimagining the Ignatian Examen*—the only book of its kind—will lead you through a fresh and stimulating reflection on your past day, your present state of being, and your spiritual desires and needs for tomorrow.

### **B13 Sacred Listening: The Richness of Loyola's Exercises for Contemporary Protestants**

by [James L. Wakefield](#)

A profound call to Christian discipleship. An intensive course in Christian faith. A creative freedom to serve God that is deeply grounded in Scripture. These are ways to describe *Sacred Listening*, James L. Wakefield's adaptation of the classic Spiritual Exercises of Ignatius Loyola. Central to the Society of Jesus

(Jesuits), the Spiritual Exercises is a manual used to direct a month-long spiritual retreat. Now adapting these time-honored Exercises specifically for Protestant Christians, James L. Wakefield encourages readers to integrate their secular goals with their religious beliefs and helps them reflect on the life of Jesus as a model for their own discipleship. Combining scholarship with classic forms of spirituality, Sacred Listening will interest church leaders and lay Christians who want to deepen their faith.

## THE ENNEAGRAM

### **B14 The Enneagram and Kabbalah (2nd Edition): Reading Your Soul**

by [Rabbi Howard A. Addison](#)

An updated and expanded examination into the groundbreaking exploration and connection of two of the most powerful mystical traditions. Patterns in our lives may escape us; reasons for our behavior often confuse us. To help us better understand the interplay of these dynamics, Rabbi Howard A. Addison combines two of the most powerful maps of consciousness known to humanity: the Tree of Life (the sefirot) from the Jewish mystical tradition of Kabbalah, and the nine-pointed Enneagram that was developed over several generations by mystics of several spiritual traditions.

Individually, each offers guidance and wisdom; together, they show the forces that propel us and shape our personalities and behavior. Most important, the two suggest how we can live more harmoniously with ourselves and with others, minimize friction and tension and discover our own spiritual gateway to God. In this updated and expanded edition of his pioneering book, Rabbi Addison explores new understandings of the stages and pitfalls we experience along life's journey and the ways we can transcend the limits of our personalities in search of greater wholeness. He shows that, when brought together, the Enneagram and Kabbalah may enhance understanding of humanity's deepest motivations—both individually and collectively—thus opening wider the gate to personal growth.

### **B15 Spiritual Dimensions of the Enneagram: Nine Faces of the Soul**

by Sandra Maitri

A groundbreaking exploration of the spiritual dimension of working with the enneagram by one of its earliest students and teachers in America. Here is one of the first books to explore in an authentic and comprehensive way the original spiritual dimension of the enneagram. Among the most knowledgeable teachers of the enneagram in America, Sandra Maitri shows how the enneagram not only reveals our personalities, but illuminates a basic essence within each of us. She shows how traversing the inner territory particular to our ennea-type can bring us profound fulfillment and meaning, as well as authentic spiritual development.

### **B16 Letting Go, Finding You, The Enneagram and Contemplation**

by Hunter Mobley

Written from the background of an Evangelical Christian, Enneagram teacher, Hunter Mobley, invites seekers to rethink everything you believe about yourself because of your Enneagram number. Focusing on the virtues of your type he addresses the experience of some people who have read all the books

and completed all the programs, only to find they are still getting caught in the same patterns of behavior. Too many of us are stuck on the treadmill of consumer spirituality, clinging to the illusion that we are in charge of our own spiritual growth and development. But the path of true transformation, according to Mobley, isn't in doing more, but in doing less--in letting go of control and adopting a contemplative posture that will naturally lead us to our true self. *Letting Go, Finding You* shows how a contemplative spiritual path, informed by the Enneagram, will allow you to finally stop striving after false promises and start surrendering to the truest version of yourself.

### **B17 The Enneagram in Love and Work: Understanding Your Intimate and Business Relationships**

By [Helen Palmer](#)

Classic work from Helen Palmer, a "leading teacher and practitioner of the Enneagram", the first Enneagram book to give practical advice, in fascinating detail, on how to have the best possible relationships in love and business given the relativity of every Enneatype relationship.

### **B18 The Enneagram: A Christian Perspective**

by [Richard Rohr](#) and Andreas Ebert

Richard Rohr and Andreas Ebert's runaway bestseller unveils the dynamic, personal evolution that the Enneagram offers. This notable book discusses the applications of the ancient tool for discernment and reveals the harmony between its principles and the core truths of Christian thought.

### **B19 Enneagram Companions: Growing in Relationships & Spiritual Direction**

by Suzanne Zuercher, OSB

Zuercher breaks new ground for the uses and potential of the enneagram in understanding the centered life. She takes the enneagram in a new, deeper direction as she explores how the instincts, compulsions and gifts of each stance or space influence interactions among people.

### **B20 Enneagram Spirituality: From Compulsion to Contemplation**

by [Suzanne Zuercher](#)

Here is a practical look at an ancient system of conceptualizing the human person, a system that has captured the modern imagination. Even those who are unfamiliar with the enneagram will find this book speaking to their experiences. A great complement to those engaged with *The Spiritual Exercises*