



The Gift of Spiritual Intimacy: Following the Spiritual Exercises of Saint Ignatius

By Monty Williams



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A timeless and invaluable tool for anyone seeking to develop a deeper sense of self and God. In this book, Monty Williams presents a step-by-step guide to working with one of the Christian world's first self-help books: The Spiritual Exercises of St. Ignatius. By guiding the reader through each of the four traditional weeks for these exercises, Williams has designed a book that can be used by individuals or groups, at home or in retreat, pastoral, academic or parish settings.



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About the Author

MONTY WILLIAMS, SJ is an internationally acclaimed spiritual director and retreat leader. He teaches at Regis College in Toronto.

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