

The Inner Life: Foundations of Christian Mysticism
By George H. Tavard
Paulist Press, 1976
104 pages

The purpose and intention of this book is to be and introduction to the mystical dimension of Catholic life and the elements involved in what constitutes the spiritual life, as experienced by mystics. As the reader will see, it was written for the benefit not only of students, but for anyone who wants to deepen their prayer life and grow in their daily encounters with the Lord.

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