



# Paths to Prayer: A Field Guide to Ten Catholic Traditions

*Pat Fosarelli*

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## **Paths to Prayer: A Field Guide to Ten Catholic Traditions** Pat Fosarelli

This reader-friendly handbook introduces ten of the most prominent traditions--including Franciscan, Cistercian, Ignatian, and Mystic spirituality and recounts a brief history of each tradition's founder, highlights its characteristics, and provides a prayer or spiritual practice for each one. A chapter titled "What's Right for Me?" guides spiritual seekers in discerning which path to prayer is the best match for their personality, needs, and circumstances.

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