



The Spiritual Exercises of St. Ignatius: or Manresa (Tan Classics)

St. Ignatius of Loyola

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Is it time to take your spiritual pulse, re-orient yourself to your Creator, and seek His guidance to live your faith more seriously?

The Spiritual Exercises of St. Ignatius of Loyola outline the rigorous self-examination and spiritual meditations St. Ignatius set forth. Readers will learn how to make a new beginning on the path to holiness, repenting of their sins and attaining freedom from Satan's power.

Though St. Ignatius wrote *The Spiritual Exercises* as a handbook for a four week guided retreat, this edition contains step by step explanations suitable for independent use over any time period.

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