



# The Discernment of Spirits: An Ignatian Guide for Everyday Living

*Timothy M. Gallagher*

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## **The Discernment of Spirits: An Ignatian Guide for Everyday Living** Timothy M. Gallagher

St. Ignatius Loyola, founder of the Jesuits, is one of the most influential spiritual leaders of all time, yet many readers find his *Rules for Discernment* hard to understand. What can Ignatius teach us about the discernment of spirits that lies at the very heart of Christian life? In *The Discernment of Spirits*, Fr. Timothy Gallagher, a talented teacher, retreat leader, and scholar, helps us understand the Rules and how their insights are essential for our spiritual growth today. By integrating the Rules and the experience of contemporary people, Gallagher shows the precision, clarity, and insight of Ignatius's Rules, as well as the relevance of his thought for spiritual life today. When we learn to read Ignatius correctly, we discover in his remarkable words our own struggles, joys, and triumphs. This book is for all who desire greater awareness of God's action in their daily spiritual lives, and is essential reading for retreat directors, spiritual directors, priests, and counselors.

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