



## The Ignatian Workout: Daily Exercises for a Healthy Faith

By Tim Muldoon

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**The Ignatian Workout: Daily Exercises for a Healthy Faith** By Tim Muldoon

### Get Fit Spiritually

We look at the world—and at God—in drastically different ways than our ancestors did, and yet the wisdom of a sixteenth-century Catholic saint perfectly suits our doubtful, antiauthoritarian, pluralistic age. St. Ignatius of Loyola believed that we could know God better by paying attention to his work in our lives, our experiences, our imagination, and our feelings. His *Spiritual Exercises*, an enduring masterpiece of spiritual insight, teaches us to grow spiritually by learning to respond in concrete, practical ways to this divine presence.

*The Ignatian Workout* presents St. Ignatius's wisdom in today's language—as a daily program of “workouts” to achieve spiritual fitness, tailored to people with busy schedules. It is a program that shows us how to recognize and respond to a God who is already at work in us, inviting us into a deeper relationship and into richer lives of love and service.

“A thoughtful, clever, and very practical introduction to Ignatian spirituality.”  
—J. A. Appleyard, S.J., vice president for University Mission and Ministry  
Boston College

“The Ignatian Workout is a valuable contribution to contemporary writing on Ignatian spirituality. Muldoon does a fine job of illustrating just how relevant this spirituality is for today's young adults.”  
—J. Michael Sparough, S.J., director of Charis Ministries Ignatian Spirituality for Young Adults

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### Editorial Review

#### Review

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#### From the Back Cover

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#### About the Author

Tim Muldoon is a Catholic theologian, author, spiritual director, and professor in the Boston College Honors Program. He is married with two daughters.

### Users Review

#### From reader reviews:

##### Anna Baron:

The event that you get from *The Ignatian Workout: Daily Exercises for a Healthy Faith* is the more deep you digging the information that hide inside the words the more you get interested in reading it. It does not mean that this book is hard to comprehend but *The Ignatian Workout: Daily Exercises for a Healthy Faith* giving you enjoyment feeling of reading. The article writer conveys their point in particular way that can be understood by means of anyone who read the item because the author of this publication is well-known enough. This specific book also makes your own personal vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We recommend you for

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