



Centered Living: The Way of Centering Prayer

Basil Pennington O.C.S.O.

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In this enriching book, Father Pennington reveals how the spiritual insights of "centering" have profoundly changed the lives of contemporary Christians everywhere. "I believe in its simplicity," he writes, "it readily adapts itself to wherever one is on [life's] journey. It can open the space for God to lead us all the way into the fullness of the life he offers us...It is truly a gift that belongs to all the People of God." *Centered Living* is an excellent guidebook for those who already practice centering prayer, as well as those just discovering it.

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