



Inner Way Toward a Rebirth of Eastern Christian Spiritual Direction

Joseph J. Allen



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A call to reawaken the critical ministry of spiritual direction in which a person, whether in a life crisis or merely seeking Christian growth, can make spiritual gains. The author, an Orthodox Christian priest, writes from within the tradition which gave birth to the practice of spiritual direction. As such, Fr. Allen's book is a view "from the inside," reflecting both theory and practice.



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