

ANSELM GRÜN
**ISLANDS IN EVERYDAY
LIFE**
BENEDICTINE SPIRITUAL EXERCISES

CLIENT: VIER-TÜRME-VERLAG
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NONFICTION / SPIRITUALITY

Encountering the world with an open heart
A holistic approach that is easy to integrate into everyday life
Daily meditations and spiritual exercises

Many people come to Anselm Grün asking for a simple daily practice of spiritual exercises drawn specifically from the Benedictine tradition. While researching how to help these seekers, Father Anselm made a surprising discovery: most of the exercises today credited to Ignatius of Loyola actually originate in an approach that St. Ignatius encountered at the Benedictine monastery of Montserrat. Father Anselm has studied these original Benedictine exercises and made them newly accessible to people today. Unlike Ignatian spirituality, this original approach focuses on being wholly transformed—and on practicing and discovering this transformation anew every day.

The result is a unique book of meditations on short exegetic passages, inviting readers to participate in a spiritual practice that is easy to integrate into everyday life and leaves plenty of space to reflect on one's own personal experience.

FATHER ANSELM GRÜN, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany's best-known authors on spirituality.