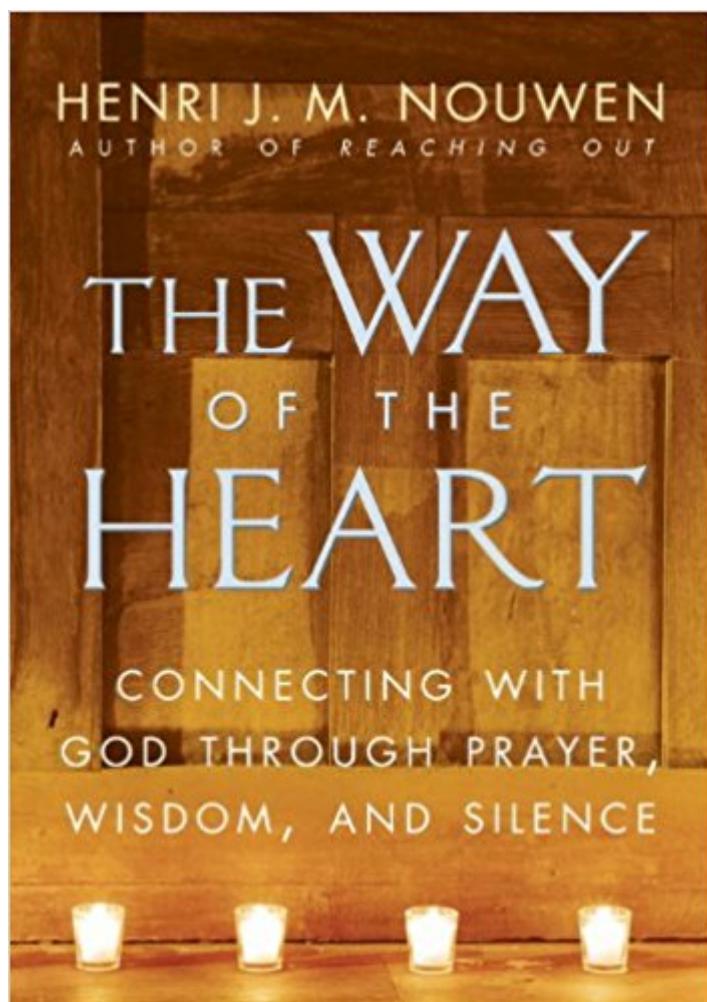


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# The Way Of The Heart: Connecting With God Through Prayer, Wisdom, And Silence



## Synopsis

Since it was first published more than twenty years ago, *The Way of the Heart* has helped millions of men and women cast off the anger and greed that trouble the world and find love, compassion, and peace in the heart of God. Inspired by the ancient teachings of St. Anthony and the Desert Fathers, *The Way of the Heart* clears before us a spiritual path consisting of three stepping-stones: Solitude (learning not to be alone but to be alone with God); Silence (the discipline by which the inner fire of God is tended and kept alive); and Prayer (standing in the presence of God with the mind in the heart). Distinguished theologian Henri Nouwen brilliantly illuminates each of these disciplines. In reflections that are beautifully clear and practical, as uplifting on the fourth reading as on the first, he helps us separate the wheat from the chaff in our spiritual lives and reconnects us with what truly matters. Within this one small book lies the most relevant and inspiring challenge that we shall ever face: to surrender the compulsive noise of the world for the way of the heart that leads us to God.

## Book Information

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## Customer Reviews

“In these increasingly more sound polluted and frenetic years, Henri Nouwen’s simple words about the prayer of the heart will be helpful for all who seek to turn from the complex wiles of the world to the simplicity of the love of God.”  
MADELEINE ENGLE

Since it was first published more than twenty years ago, "The Way of the Heart has helped millions

of men and women cast off the anger and greed that trouble the world-and find love, compassion, and peace in the heart of God. Inspired by the ancient teachings of St. Anthony and the Desert Fathers, "The Way of the Heart clears before us a spiritual path consisting of three stepping-stones: Solitude (learning not to be alone but to be alone with God); Silence (the discipline by which the inner fire of God is tended and kept alive); and Prayer (standing in the presence of God with the mind in the heart). Distinguished theologian Henri Nouwen brilliantly illuminates each of these disciplines. In reflections that are beautifully clear and practical, as uplifting on the fourth reading as on the first, he helps us separate the wheat from the chaff in our spiritual lives-and reconnects us with what truly matters. Within this one small book lies the most relevant and inspiring challenge that we shall ever face: to surrender the compulsive noise of the world for the way of the heart that leads us to God.

I just finished this book and want to say it is a wonder book as it takes a look at your spiritual life. The book deals with the world in its darkness, hatred that is trying to take our joy. This book help you identify what is in your life and how to understand different stages of your development. The book is broken down into three categories and explain each in detail. This is a wonderful book in helping you on your spiritual journal and an excellent reference book to be read over again.

Terrific little book that has changed my prayer life to one of constant praying out loud of a huge variety of prayers, chaplets, novenas, etc to one of quiet, silence and focusing on the Jesus prayer. Loved it and highly recommend. A+++

Good book! Short, but insightful. I come from a different tradition from Henri, but I love to read his stuff and he writes in a beautiful way that draws my heart to his words. I would recommend this book.

This book is as pertinent today as when it was written, maybe more so. Its message to those in ministry is one that will lead to much reflection. I highly recommend this book.

This book is an easy read, but the content is good. I wanted to get it for some of the spiritual leaders I know were busy, I think it will be suitable, but most of them have read it during their student years...

Got the book today...much thinner then I thought it would be....but what do people say about dynamite coming in small packages....you will love this book you that are hungry for more of a Jesus....Peace and all good....

A must read for Christians (especially ministers) drowning in a noise-filled world.

Gave this as a gift to my boyfriend. He says the writings have been very applicable to life and helpful in his spiritual practice.

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