



# Spiritual Direction: Wisdom for the Long Walk of Faith

*Henri J. M. Nouwen, Michael J. Christensen, Rebecca J. Laird*

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*Spiritual Direction* gives us the unique and unrivaled experience of having Henri Nouwen as our personal spiritual director, answering our questions about the spiritual life in his wise, comfortable, and engaging style. With Nouwen's guidance, we can reorient our lives and open the door to true spiritual transformation.

Henri Nouwen, the world-renowned spiritual guide and counselor, understood the spiritual life as a journey of faith and transformation that is deepened by accountability, community, and relationships. Though he counseled many people during his lifetime, his principles of spiritual direction were never written down. Now two of his longtime students, Michael Christensen and Rebecca Laird, have taken his famous course in spiritual direction and supplemented it with his unpublished writings to create the definitive work on Nouwen's thoughts on the Christian life. Stories, readings, and thematically organized questions for reflection and guided journal writing provide an unparalleled resource for spiritual direction, both for individuals and for small groups.

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