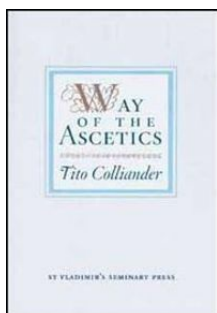


WAY OF THE ASCETICS: THE ANCIENT TRADITION OF DISCIPLINE AND INNER GROWTH



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Reader's Opinions

Simple and clear, Colliander proffers the experience of the Orthodox Church together with the fathers in this concise book about the inner life of the Christian. Asceticism is not a practice that applies only to monks; asceticism is the practice whereby we put to death our selfish-will in order to offer ourselves to Christ. This is a...

Great, well-written introduction to Asceticism and the Monastic Fathers in particular, but Christian Spirituality in general. And it is short. You can't beat that. The writing is simple and beautiful. I reread it as often as I can. The first and last chapters are worth the price of the book.