



The Ignatian Workout for Lent: 40 Days of Prayer, Reflection, and Action

Tim Muldoon

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A follow-up to his wildly popular *The Ignatian Workout*, Tim Muldoon applies the principles of discernment, reflection, and action to guide readers to grow in love and transform their Lenten experience. This bite-sized volume provides forty brief exercises—organized according to the four “weeks” of prayer from the Spiritual Exercises of St. Ignatius—and can be used by anyone during Lent to help readers become both hearers and doers of the Word of God.

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Playing with family inside a park, coming to see the ocean world or hanging out with good friends is thing that usually you have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love The Ignatian Workout for Lent: 40 Days of Prayer, Reflection, and Action, it is possible to enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its identified as reading friends.

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