

# CONTENTS

<b>Foreword by David Fagerberg.....</b>	vii
<b>Preface to the Original Edition .....</b>	ix
<b>Introduction by Michael Heintz .....</b>	1
<b>Chapter 1:</b> The Spiritual Life According to Catholic Tradition.....	13
<b>Chapter 2:</b> The Spiritual Life and the Word of God.....	41
<b>Chapter 3:</b> Prayer.....	79
<b>Chapter 4:</b> The Sacramental Life.....	139
<b>Chapter 5:</b> The Principles of the Ascetic Life.....	163
<b>Chapter 6:</b> Christian Asceticism and Christian Humanism.....	183
<b>Chapter 7:</b> The Asceticism of the Cross and the Different Christian Vocations: Lay Spirituality.....	209
<b>Chapter 8:</b> The Asceticism of the Cross and the Different Christian Vocations: Monastic Spirituality .....	235
<b>Chapter 9:</b> The Various Apostolic Vocations: The Priestly Vocation and the “Religious” Vocations .....	269
<b>Chapter 10:</b> The Development of the Spiritual Life: Purification .....	307
<b>Chapter 11:</b> The Development and the Rhythms of the Spiritual Life: Illumination and Union.....	329

<b>Chapter 12:</b> The Mystical Life .....	359
<b>Conclusion:</b> Aids in the Spiritual Life .....	385
<b>Notes</b> .....	389
<b>Index</b> .....	395