



Soul of My Soul: Coming to the Heart of Prayer

Catherine Doherty

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Written in a practical and personal style, Catherine Doherty's popular book brings us to the very heart of prayer. Her words give evidence of deep spirituality and practical wisdom as she draws on her years of reflection on Eastern and Western spiritual masters, tempered by her personal trials and tribulations.

Distilling for us the answers to the pressing questions about prayer that dwell in our hearts, Catherine offers encouragment for growing in our prayer life. She gives us a book to meditate on, to open our perceptions, and shows us how to find space in our lives for prayer.

"If you want to know what prayer is like," Catherine tells us, "listen to a child of two or three. When we address God in a childlike way, that's prayer."

Seeking to live and understand the radical gospel of Jesus Christ, Catherine reveals how prayer has been the soul of her soul, her comfort and her enlightenment. More than just ideas on prayer, this book is about how to develop a personal, intimate life with God.

"Thousands of books have been written on prayer. I don't suppose God minds the books, but I think he wants you and me to *be* the book." -- Catherine Doherty



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