

Beginning Contemplative Prayer

By Kathryn J. Hermes FSP

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In this practical guide, best-selling author Kathryn J. Hermes, FSP, demonstrates how to begin a life of contemplative prayer. You don’t have to be a mystic to learn this type of prayer, just a person who is seeking a deeper communion with God. Sr. Kathryn has helped thousands of people through difficult times. Now let her guide you in this timeless form of meditative prayer.

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