



# Introduction to the Spiritual Life

*Louis Bouyer*

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## **Introduction to the Spiritual Life** Louis Bouyer

A French convert to Catholicism in 1939, Louis Bouyer is a renowned theologian who was an influential presence at Vatican II. His classic work, *Introduction to the Spiritual Life*--first published in English in 1961 and now brought back into print--provides readers with an inspiring and comprehensive vision of Christian spirituality that is unmatched in its warmth, lucidity, and accessibility.

*Introduction to the Spiritual Life* is, by author Louis Bouyer's own description, a manual for practical use. Much more than just a work of "spirituality" or "apologetics," it is a hybrid of both, produced with an expertise and confidence borne of a lifetime of prayer and study. It aims to cultivate interior growth through a thoughtful, reasoned meditation on the spiritual meaning of the Gospel as proclaimed by the Catholic Church. Catholics who read *Introduction to the Spiritual Life* will better appreciate how a life of prayer can be shaped and enriched by sound Christian doctrine.

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