



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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