



The Way of the Heart: The Spirituality of the Desert Fathers and Mothers

By Henri J. M. Nouwen

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“On the long road it’s good to have Nouwen and his divining rod. Deftly he bends toward the drop of spiritual wisdom caked in the most ordinary things.”

—Helen Prejean, C.S.J., author of *Dead Man Walking*
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Henry J.M. Nowuen, one of the greatest of all spiritual writers, invites us to search deeply for the well-springs that nourish true ministry in his classic *The Way of the Heart*. Interweaving the solitude, silence, and prayer of the fifth-century Egyptian Desert Fathers and Mothers with our contemporary search for an authentic spirituality, *The Way of the Heart* not only leads us to a fuller encounter with God, but to a more creative ministry with our fellow human beings. Here is one of the most profound works from a writer known for his fresh and perceptive insights—and who stands alongside C.S. Lewis and Thomas Merton as an essential Christian scholar and thinker.

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Editorial Review

Review

“Clear, precise, biblically founded guidance...Skillfully blends knowledge of psychological growth with the great Christian traditions.” (Commonweal)

“Brings desert spirituality to bear upon the contemporary scene. ... Hauntingly relevant for us today.” (Christianity Today)

“Gemlike in its clarity.” (The Christian Century)

“Inspiring, to the point, and eminently practical in his advice about living spiritually in the world of today.” (Spiritual Book News)

“On the long road it’s good to have Nouwen and his divining rod. Deftly he bends toward the drop of spiritual wisdom caked in the most ordinary things.” (Helen Prejean, C.S.J., author of *Dead Man Walking*)

From the Inside Flap

Since it was first published more than twenty years ago, "The Way of the Heart" has helped millions of men and women cast off the anger and greed that trouble the world-and find love, compassion, and peace in the heart of God.

Inspired by the ancient teachings of St. Anthony and the Desert Fathers, "The Way of the Heart" clears before us a spiritual path consisting of three stepping-stones: Solitude (learning not to be alone but to be alone with God); Silence (the discipline by which the inner fire of God is tended and kept alive); and Prayer (standing in the presence of God with the mind in the heart).

Distinguished theologian Henri Nouwen brilliantly illuminates each of these disciplines. In reflections that are beautifully clear and practical, as uplifting on the fourth reading as on the first, he helps us separate the wheat from the chaff in our spiritual lives-and reconnects us with what truly matters.

Within this one small book lies the most relevant and inspiring challenge that we shall ever face: to surrender the compulsive noise of the world for the way of the heart that leads us to God.

From the Back Cover

The modern classic that interweaves the solitude, silence, and prayer of the fourth- and fifth-century Egyptian Desert Fathers and Mothers with our contemporary search for an authentic spirituality

Users Review

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Kevin Pinkney:

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