



# Armchair Mystic: Easing Into Contemplative Prayer

*Mark E. Thibodeaux*

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**Armchair Mystic: Easing Into Contemplative Prayer** Mark E. Thibodeaux

This user-friendly book blends theory and practice, gently and concretely taking the reader through the first steps of contemplative prayer. Armchair Mystic begins with the necessary details of time and place to pray, then presents the maturation of the prayer life in four stages: Talking at God, Talking to God, Listening to God and Being With God. Each chapter begins with an Orientation and ends with a concluding summary. Step-by-step exercises throughout the book provide concrete examples of how to use the concepts discussed. Armchair Mystic will prove invaluable to individuals and small groups who are new to contemplative prayer, or who wish to deepen their experience of it.

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