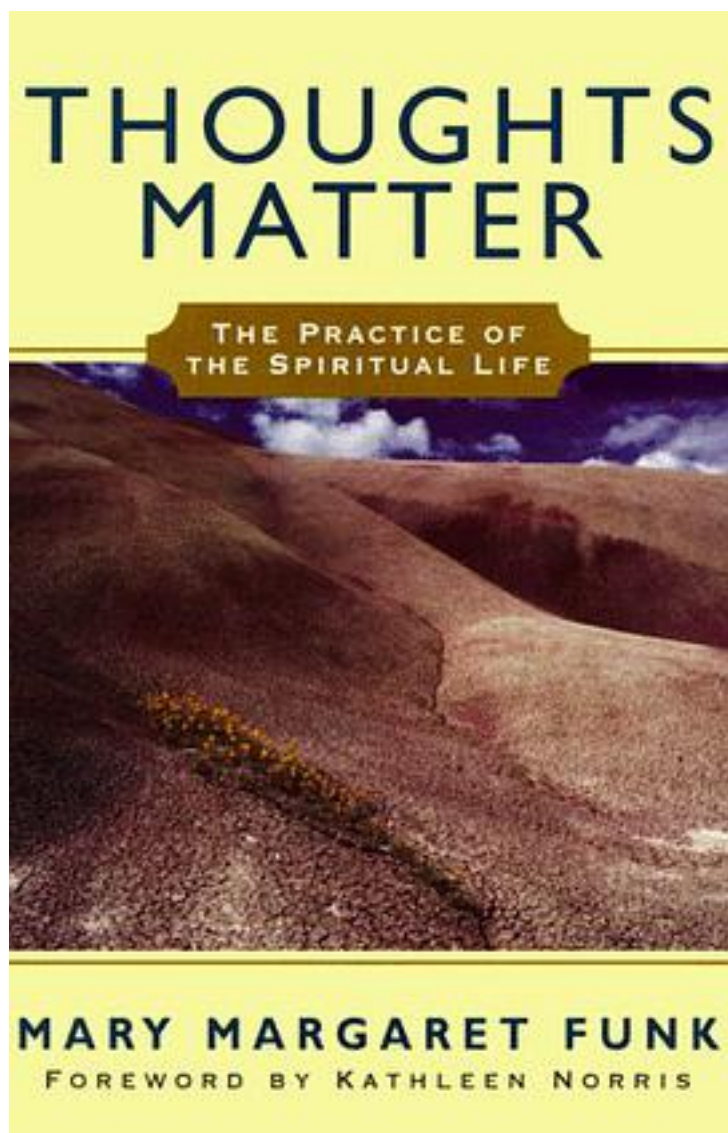


Thoughts Matter



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Sister Mary Margaret Funk explains the theory and practice of dealing with mindless thoughts developed by the great fourth-century monk John Cassian. She interprets the techniques in a contemporary way suitable for lay persons who are serious about the spiritual life.>

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