



## Sadhana, a Way to God: Christian Exercises in Eastern Form

*By Anthony de Mello*

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Father Anthony de Mello addresses the average person for whom contemplation may be an unfamiliar experience, drawing on the teaching of mystics of the past and also acknowledging the contribution that Eastern religions can make.

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### Editorial Review

From the Publisher

One of the world's foremost spiritual guides responds to the modern hunger for self-awareness and holistic living with a series of spiritual exercises blending psychology, spiritual therapy, and practices drawn from both Eastern and Western traditions of meditation.

From the Inside Flap

One of the world's foremost spiritual guides responds to the modern hunger for self-awareness and holistic living with a series of spiritual exercises blending psychology, spiritual therapy, and practices drawn from both Eastern and Western traditions of meditation.

About the Author

Anthony de Mello, SJ, is the author of many spiritual bestsellers, including *Awareness*, and *The Way to Love*. A native and lifelong resident of India, de Mello taught throughout the world, and his books have been translated into more than thirty-five languages. He died in 1987.

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activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Sadhana, a Way to God: Christian Exercises in Eastern Form, you can enjoy both. It is fine combination right, you still wish to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't have it, oh come on its named reading friends.

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