



Navigating the Interior Life: Spiritual Direction and the Journey to God

Dan Burke, Fr. John Bartunek

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What is spiritual direction and my spiritual direction? What are my "blind spots" and how can I uncover them? What keeps me from all the spiritual riches Christ has for me? How can I better understand where I am in my spiritual progress?

Daniel Burke's *Navigating the Interior Life* will give you the tools you need to understand how and why we grow and die in the spiritual life and what we can do about it.

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