



## Let Nothing Disturb You (30 Days With a Great Spiritual Teacher)

By Teresa of Avila

Ave Maria Press. Paperback. Book Condition: New. Paperback. 128 pages. Each book in the Thirty Days with a Great Spiritual Teacher series provides a month of daily readings from one of Christianitys most beloved spiritual guides. For each day there is a brief and accessible morning meditation drawn from the mystics writings, a simple mantra for use throughout the day, and a night prayer to focus ones thoughts as the day ends. These easy-to-use books are the perfect prayer companion for busy people who want to root their spiritual practice in the solid ground of these great spiritual teachers. In Let Nothing Disturb You readers discover the timeless spiritual counsel of St. Teresa of Avila, first woman Doctor of the Church, in an easily accessible format. Selections from Teresas writings have been carefully chosen and arranged for morning and evening meditation. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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