



# Seeking Spiritual Direction: How to Grow the Divine Life Within

Thomas Dubay S.M.

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Father Thomas Dubay has written a guide for Christians who are considering spiritual direction or who are already engaged in the process. He explains what spiritual direction is, the qualities to look for in a good spiritual director, the process of finding a director, ways to develop a deeper prayer life, and how to continue growing when your enthusiasm wears thin. A Servant Book.



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