



Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day

Mark E. Thibodeaux SJ

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Following the example of St. Ignatius, we believe that praying the Examen will lead to a better life. The 500-year-old daily practice of honest self-assessment and reflection is a founding principle of Ignatian spirituality. What we don't know is if St. Ignatius ever felt like changing it up a bit. Jesuit speaker and author Mark Thibodeaux, SJ, is confident that St. Ignatius wouldn't mind a little flexibility in his prayer.

Join Thibodeaux as he guides you through new and unique versions of the Examen, totally flexible and adaptable to your life. In ten minutes, you can tailor your daily prayer practice to fit your personal and situational needs, further enhancing and deepening your meditation. *Reimagining the Ignatian Examen*—the only book of its kind—will lead you through a fresh and stimulating reflection on your past day, your present state of being, and your spiritual desires and needs for tomorrow.

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