Many books have been written about St. Ignatius and The Spiritual Exercises but few have discussed Ignatius' classic work from an experiential point of view. In *The Discerning Heart*, Maureen Conroy explains how Ignatius' Rules for Discernment can help individuals understand their personal relationship with God. The Rules describe what happens to people when they relate to God in a personal way, and offer guidelines for daily living. Conroy begins with Ignatius’ own conversion and then describes the experiences of contemporary people. Conroy describes how to discover a personal God but also discusses the ways spiritual directors can help people recognize their inner movements. She provides specific examples and case studies that bring out the meaning behind the Rules for Discernment. In addition, a series of questions designed to encourage individual reflection and group discussion, appear at the end of each chapter. Finally, the author offers suggestions for prayer that can help people savor and explore their own spiritual experiences.

*The Discerning Heart* would be helpful to:

- anyone interested in Ignatian spirituality
- those who desire to enter into a more lively experience of God
- spiritual directors who wish to deepen their knowledge of the Rules for Discernment.
- those who train spiritual directors

Maureen Conroy is co-director of the Upper Room Spiritual Center in Neptune, New Jersey, where she is engaged in spiritual direction, retreat work, adult education, and the supervision of spiritual directors. She holds a M.Div. degree from Princeton Theological Seminary and a D.Min. degree from St. Mary's University in Baltimore.

To order *The Discerning Heart* call: Danielle at The Upper Room Spiritual Center: 732-922-0550.

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