



# The Examen Prayer: Ignatian Wisdom for Our Lives Today

*Timothy M. Gallagher*

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The examen prayer is a transforming and ever-growing practice in Christian spirituality. In *The Examen Prayer*, Fr. Timothy Gallagher draws from real-life stories and his experience as a spiritual director to explain the core principles of the examen prayer: What is the examen and how can we begin to pray it? How can we adapt it to our individual lives? What are its fruits?

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