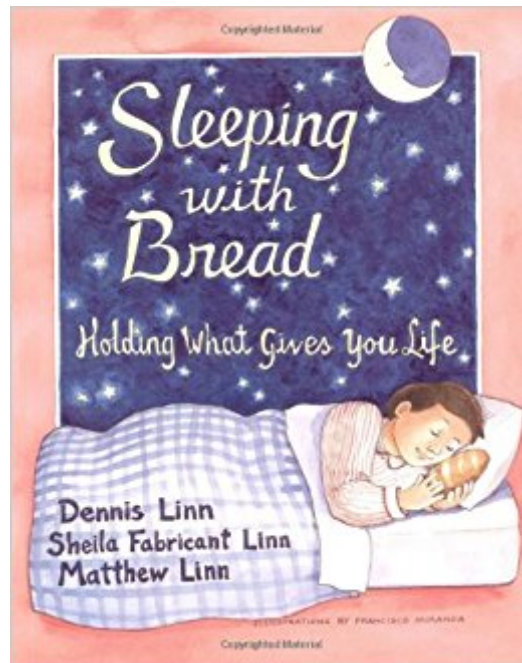




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# Sleeping With Bread: Holding What Gives You Life



## Synopsis

If you were to join us in either of our homes at the end of almost any evening, or if you were to attend one of our retreats, we would invite you to do with us the process described in these pages. This book is about asking ourselves two questions: For what am I most grateful? For what am I least grateful? These questions help us identify moments of consolation and desolation. We call this process the examen. "We have given retreats in over forty countries, and we find that regardless of culture or age group, this simple process is the most helpful way for people to hear the voice of God guiding them from within. For example, should people bring us many questions ranging from, 'Should I change my job?' to What can help me with my depression?' We usually suggest they spend the next month focusing each day on the examen questions. Such people often return a month later having discovered from their own experience of consolation and desolation exactly what they should do more of and less of in order to resolve their problem. "For centuries, prayerful people have found direction for their days and for their lives by identifying these moments. Since even small children can do this, we have tried here to present the examen in a format that families, friends and communities can share and that will be easily accessible to anyone. We hope the examen will enrich your lives and your relationships as much as it has ours."

## Book Information

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## Customer Reviews

This book tells the reader to slow down and listen to that which our spirit has already taken notice of. --The Priest

Dennis, Sheila, and Matt Linn have given retreats and seminars on processes for healing in over fifty countries and in many universities and hospitals, including a course to doctors accredited by the American Medical Association. Dennis and Matt are co-authors of nineteen books, the last fourteen co-authored with Sheila. These books have sold over a million copies in English and have been translated into more than twenty different languages. Dennis and Sheila live in Colorado with their son, John, whom they are home and global-schooling. Matt lives in a Jesuit community in Minnesota. Dennis, Sheila, and Matt Linn have given retreats and seminars on processes for healing in over fifty countries and in many universities and hospitals, including a course to doctors accredited by the American Medical Association, Dennis and Matt are co-authors of twenty-one books, the last sixteen co-authored with Sheila. These books have sold over a million copies in English and have been translated into more than twenty different languages.

I was introduced to this little book by the facilitator who led a practicum I attended at the seminary where I am a student. The process of the daily examen as it is explained and expressed in this gentle volume makes Ignatius' practice clear and accessible to anyone who wants to establish this practice of reflection and prayer as part of daily living. It looks like a children's book. It is not. The authors tell the story of children orphaned by the bombing raids of WWII. The ones who were fortunate enough to land in refugee camps had lost so much, and had experienced starvation. They were so fearful that they couldn't sleep. Someone had the idea of sending each child to bed with a piece of bread to hold. Bread, real food to hold. And they could finally sleep because they knew that they would wake up and have something to eat in the morning. And this is what this book can become. Food for the soul held in our hands as we review the day before we sleep. Food that can sustain us. Food that we can literally hold in our hands before we sleep, and have by our bedsides when we wake, so that we can be always certain that we will be fed, body and soul, by the sustaining grace of this practice of prayer. This book will certainly be of value for adult seekers. It will also be a way to introduce teens to a powerful spiritual practice, and, approached sensitively, can even be a way to introduce younger children to the practice of looking for unkind acts and loving acts during the course of their days, learning gratitude and forgiveness. Truly bread for the journey, doled out in small bites that we can hold in our hands when we sleep so that we can awaken with the assurance that we always have food to sustain. Bit of bread held close in sleep that is the bread that brings nourishment to the beginning of the new day.

I love the content of this book. I have it in regular printed format. I thought having it on my kindle

would be more portable and make it easier for me to use throughout the day as I find the examen process a good way to find balance in my daily life and daily interactions with people. Unfortunately I'm finding that the kindle version often suddenly closes when I get to specific pages. I've tried re-syncing. Opening and closing the book. Re-downloading from Cloud and the same "closing problem" occurs. I've tried to look for troubleshooting tips on and haven't found an answer to the question and yes I do have automatic updates turned on. So - books content gets a 5 star rating but the kindle version needs some work as this is the only kindle book I've purchased/downloaded in a year with this problem.

An awesome read which really helps flesh out the Examen procedure. This book also gives ideas how you can incorporate the exam in your family household.

Great quick read and I plan to read other books by the Authors.

This book was brilliant in the simplicity. It stated the purpose, showed two simple steps, and then talked about every area of the authors lives it impacted. For anyone on a spiritual journey, this book really helps along the way. It is basic, but incredibly meaningful in a way I had forgotten. It ask two simple questions - What lifted me up and what didn't? It demonstrates how asking these two simple questions every day and truly contemplating the question as well as the answers can move you forward in your journey.

I feel this book would be great for all families. We so often forget how blessed we are, just by little things in our every day life. This book creates a way to look each day.

The Linn's books are a wonderful blend of theological reflection and healthy psychology. Together they bring a wonderful spiritual approach to the challenges and joys of life. I highly recommend their books - all of them.

Something for all of us who are trying to live deeper, fully lives with God as the center....to practice for greater sense of His presence.

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