

## The Way of Perfection

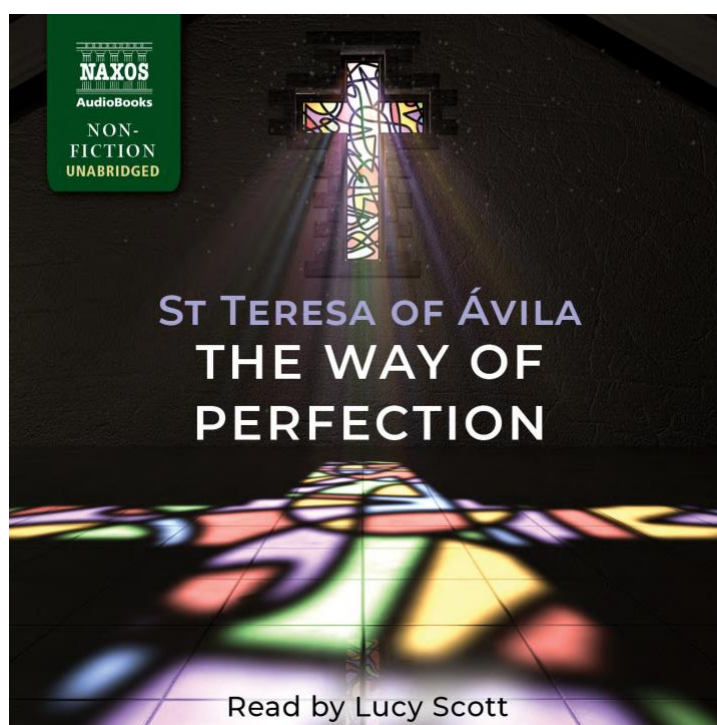
By St Teresa of Ávila  
Unabridged  
Read by Lucy Scott

### DESCRIPTION

The 16th-century Spanish Carmelite nun St Teresa of Ávila was a prominent figure in the Catholic Reformation, and her writings have continued to inspire philosophers, theologians, historians and countless others interested in Christian spirituality and mysticism. She distilled her own experience into this beautifully direct and accessible 'living book', *The Way of Perfection*, as a guide for nuns in her convent. Containing practical advice on how to approach the spiritual life, to progress through prayer and meditation, and achieve a greater connection with God, it remains fascinating as a practical and historical document.

### SALES AND MARKETING POINTS

- Lucy Scott gives a clear and absorbing reading, aiding the listener in their understanding of the text.
- Essential listening for Christians and anyone interested in Christian theology.
- *The Interior Castle*, *Revelations of Divine Love*, *The Confessions of St Augustine*, *The Old Testament*, *The New Testament* and *The Story of the Bible* are also available on Naxos AudioBooks.



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Translator: Benedictines of Standbrook Abbey

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