



# In Wisdom's Kitchen: The Process of Spiritual Direction

*Eileen O'Hea*

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## **In Wisdom's Kitchen: The Process of Spiritual Direction** Eileen O'Hea

In this volume Eileen O'Shea portrays spiritual yearnings, inner struggles and contemplative joy and encourages the reader to seek the "Living One" fully, consciously, with a whole heart, mind and strength. She seeks to demonstrate how language of the spiritual sense provides vocabulary for speaking of internal awareness, openness and spiritual liveliness.

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