



The Way of Simplicity: The Cistercian Tradition (Traditions of Christian Spirituality)

Esther de Waal

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In *The Way of Simplicity* Esther de Waal reveals the riches of the Cistercian (Trappist) tradition and its relevance for today's world.

The book draws not only on such twelfth-century writers as Bernard of Clairvaux and Aelred of Rievaulx, but also on Thomas Merton and many contemporary Cistercians.

These Cistercian men and women wrote on matters of perennial concern: the true self, growth, integration, friendship, the love of God, and above all the life of prayer.

Anyone wishing to explore Cistercian spirituality will find this book an illuminating and practical guide.

Esther de Waal is one of today's most celebrated spiritual writers. Seeking God, her classic book on the relevance of the Rule of Saint Benedict, has opened up the riches of the monastic tradition to readers throughout the world for almost twenty-five years. Greatly in demand as a speaker and retreat leader, she lives in Herefordshire, UK.

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