



The Way of Perfection (Dover Thrift Editions)

St. Teresa of Avila

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This classic of the interior life and Christian mysticism remains as fresh and inspiring today as it was 400 years ago. Written by a prominent sixteenth-century Spanish mystic and Carmelite nun, it forms a practical guide to prayer that embraces readers with its warmth and accessibility.

St. Teresa of Avila's detailed directions on the achievement of spiritual perfection designate three essentials — fraternal love, detachment from material things, and true humility. She discusses a variety of maxims related to the practice of prayer and concludes with a thought-provoking commentary on the Lord's Prayer. A work of sublime mystical beauty, *The Way of Perfection* is above all a treatise of utter simplicity that offers lucid instruction to all seekers of a more meaningful way of life.

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