



A Monk in the World

Wayne Teasdale

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The Mystic Heart chronicled Brother Wayne Teasdale's journey into a multifaceted spirituality blending his traditional Catholic training and the Eastern way of sannyasa (Indian monkhood). *A Monk in the World* tells what the journey has meant for him — living as a monk outside the monastery, integrating teachings from the world's religions with his own Catholic training, combining his vigorous spiritual practice with the necessities of making a living, and pursuing a course of social justice in a major American city. In telling his story, Teasdale shows how others can find their own internal monastery and bring spiritual practice into their busy lives.

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