

The Cloud of Unknowing (Harper Collins Spiritual Classics)

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Written by an anonymous English monk during the late fourteenth century, *The Cloud of Unknowing* is a sublime expression of what separates God from humanity and is widely regarded as a hallmark of Western literature and spirituality. A work of simplicity, courage, and lucidity, it is a contemplative classic on the deep mysteries of faith.

"Lift up your heart to God with a humble impulse of love and have himself as your aim, not any of his goods . . . Set yourself to rest in this darkness, always crying out after him whom you love. For if you are to experience him or to see him at all, insofar as it is possible here, it must always be in this cloud and in this darkness." -- *The Cloud of Unknowing*

Kessinger Publishing reprints over 1,500 similar titles all available through Amazon.com. The HarperCollins Spiritual Classics series presents short, accessible introductions to the foundational works that shaped Western religious thought and culture. This series seeks to find new readers for these dynamic spiritual voices -- voices that have changed lives throughout the centuries and still can today.

Other Books

Acceptance and Commitment Therapy for Christian Clients, *Acceptance and Commitment Therapy for Christian Clients* is an indispensable companion to *Faith-Based ACT for Christian Clients*. The workbook offers a basic overview of the goals of ACT, including concepts that overlap with Christianity. Chapters devoted to each of the six ACT processes include biblical examples, equivalent concepts from the writings of early desert Christians, worksheets for clients to better understand and apply the material, and strategies for clients to integrate a Christian worldview with the ACT-based processes. Each chapter also includes several exercises devoted to contemplative prayer and other psychospiritual interventions.

☐ ☐ ☐ ☐ ☐ . See also psychological pain: avoidance strategies of 1- 2 ; "clean" 35-36; "dirty" 35-36
painful inner experiences 134; ... Welcoming Prayer 84-85 present -moment awareness 8;
in ACT therapy 89-93; contemplative prayer and 85-86; ..."