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# 108 MYSTICS

The Essential Guide to Seers, Saints and Sages

**CARL MCCOLMAN**

**A gift book and introductory guide to the lives of the most prominent seers, saints and sages, and their paths to enlightenment, union with God and spiritual joy.**

## DESCRIPTION

This is a user-friendly and potentially life-changing introduction to the wisdom teachings of 108 of the greatest mystics in the Western tradition. McColman's premise is that we all need teachers and companions to assist us in developing rich interior lives.

It celebrates the universal power and wisdom of the teachings of the mystics, highlighting the ways in which their words can help anyone find greater love, purpose and a deeper sense of God's presence. McColman organizes the mystics into nine categories: visionaries, confessors, lovers, poets, saints, heretics, wisdom keepers, soul-friends and unitives, and he covers a wide range of mystics including Martin Luther King, Hildegard of Bingen, Julian of Norwich, Dag Hammarskjold and C.S. Lewis, plus Evelyn Underhill, Simone Weil, Thomas Merton and Bede Griffiths.

## SALES AND MARKETING

- The perfect introductory guide for all those interested in history's most important seers, saints and sages.
- The book's short chapters provide easily accessible information even for those with a busy modern lifestyle.
- The author has extensive knowledge, experience and training in the field: Carl was trained in the art of Christian meditation through the Shalem Institute for Spiritual Formation in Washington, and received additional training in the art of Spiritual Direction from the Institute for Pastoral Studies in Atlanta. He is also the author of 3 other books.
- Introduction by Robert Holden. This book will appeal to Robert's dedicated readership, clients and workshop attendees.

## AUTHOR BIOG

**Carl McColman** is a contemplative writer, speaker, retreat leader and spiritual companion. He helps individuals and faith communities deepen their relationship with God through prayer and silence. Carl draws on the teachings of the saints and mystics, applying their wisdom in practical ways to the needs and circumstances of our time. Carl is a member of the Lay Cistercians of Our Lady of the Holy Spirit - a contemplative community under the spiritual guidance of Trappist monks. He is also a member of the Atlanta Shambhala Center and is active in the Atlanta interfaith community. He regularly speaks, teaches and conducts retreats. [www.carlmccolman.com](http://www.carlmccolman.com)

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