



Walking Together: Discovering the Catholic Tradition of Spiritual Friendship

Mary DeTurris Poust

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Addressing a growing modern hunger for deep soul friendships, popular *Catholic New York* columnist and *Our Sunday Visitor* blogger Mary DeTurrís Poust looks honestly but hopefully at today's culture, where people feel increasingly isolated despite the advent of myriad gadgets designed to keep them "connected." In ten practical chapters, Poust explores issues such as commitment and acceptance, the virtues that make for a lasting friendship, the importance of listening, open communication, and praying together. Readers will find here the guidance and encouragement to take the next step in developing spiritual friendships in their lives, one of the basic necessities of spiritual life.

Poust profiles inspiring spiritual friendships from the past such as St. Francis of Assisi and St. Clare, and St. Francis de Sales and St. Jane de Chantal. She also examines famous contemporary friendships, like those between C.S. Lewis and J.R.R. Tolkien or Thomas Merton and famous Zen master D. T. Suzuki. Each chapter concludes with "Food for Thought"--reflection questions and a prayerful meditation.

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