



# The Wisdom Way of Knowing: Reclaiming An Ancient Tradition to Awaken the Heart

By Cynthia Bourgeault

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"Drawing on resources as diverse as Sufism, Benedictine Monasticism, the Gurdjieff Work, and the string theory of modern physics, Cynthia Bourgeault has crafted her own unique vision of the Wisdom way in this very accessible book, nicely balanced between concept and practice."

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"The spiritual wisdom and practical suggestions in this lively and beautiful book will be helpful to many who find themselves setting out on the interior journey."

—**Bruno Barnhart**, a Camaldolese monk and author, *Second Simplicity: The Inner Shape of Christianity*

"Cynthia Bourgeault's book is a valuable contribution to the much-needed reawakening of spiritual practice within a Christian context. Her sincerity, good sense, metaphysical depth, and broad experience make her a source to be trusted."

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### Editorial Review

#### Review

"a bold and visionary work." (*Spirituality & Health*, May/June, 2004)

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"This book is a precious gem, a short and brilliant synthesis of the world's great wisdom traditions. Clear, concise, inspiring and poetic."

— Joan Borysenko, author, *Inner Peace for Busy People* and *Inner Peace for Busy Women*

"With consummate skill and dazzling clarity, Cynthia Bourgeault rescues the ancient knowledge of wisdom practices found in all the great traditions and teaches us how to become true instruments of God's glory."

— Toinette Lippe, author, *Nothing Left Over: A Plain and Simple Life*

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### Understand Life's Meaning Through the Wisdom Tradition

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