



# A 12-Step Approach to the Spiritual Exercises of St. Ignatius

*Jim Harbaugh*

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Based on the parallels between St. Ignatius and Bill Wilson, the co-founder of Alcoholics Anonymous. These 52 meditations consist of sections from St. Ignatius's Spiritual Exercises, followed by an exploration of both what it means and how it relates to 12-Step philosophy. At the end of each meditation is a short encapsulation, which Father Harbaugh whimsically calls a Second Prelude, to go. Refreshing and down to earth, this book will set you briskly along a new path and greater independence.

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