



# The Discerning Heart: Exploring the Christian Path

*Wilkie Au, Noreen Cannon Au*

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**The Discerning Heart: Exploring the Christian Path** Wilkie Au, Noreen Cannon Au

Integrating the wisdom of Christian tradition and recent psychological findings on effective decision-making, this book presents a view of Christian discernment that honors the body-spirit unity of the person and the broad and mysterious ways we can be led by the spirit of God in our life-choices. Going beyond discernment skills and concrete practices, this book presents a coherent theoretical understanding of discernment that grounds the many spiritual practices used by Christians today. By providing a broad and inclusive understanding of the multiple ways God can provide guidance to individuals, this book helps individuals to honor the unique and idiosyncratic way that they receive divine guidance, as well as provides guidelines that guard against possible self-deception and personal blind-spots. While including anecdotal accounts and practical elements of Christian discernment, this book provides a conceptual understanding of discernment that will be helpful for those training to be professional ministers, pastors, priests, religious counselors, and spiritual directors. It is unique in applying Christian tradition and contemporary psychological insights to the process of discernment.

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