



## The Foundations of Western Monasticism (Tan Classics)

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St. Antony of the Desert, St. Benedict of Nursia, and St. Bernard of Clairvaux rise above all other figures in Catholic history as guides. To travel with them and to seek a view upon the heights of their personal holiness and wisdom is to secure passage into the rich and complex world of monasticism.

Monasticism distills the essence of Catholic spirituality for all time and for all Christians. ***The Foundations of Western Monasticism***, the latest addition to our **TAN Classics**, concentrates on three of the finest Christian texts available and will provide both first-time and advanced readers with an essential review of Christian monasticism and the foundational principles of Catholic prayer life, spiritual combat, contemplation, and communal living.

These three texts, ***The Life of St. Antony***, the ***Holy Rule of St. Benedict***, and St. Bernard's ***Twelve Degrees of Humility and Pride***, are offered to the reader as a simple and short path to the essence of Christian monasticism and authentic Christian teaching.

St. Antony is presented as monasticism's foremost Founding Father, St. Benedict as its greatest Law-giver, and St. Bernard as its most daring Mystic. Taken together, these men and their writings will allow the reader to ascend the very heights of Christian monasticism and arrive at certain firm principles by which to evaluate and deepen his commitment to the Faith.

***Foundations of Western Monasticism*** also includes introductions and reading lists provided by Dr. William Edmund Fahey, Fellow and President of Thomas More College. A Benedictine oblate, Dr. Fahey has provided a new translation of the famous *Rule of St. Benedict*.



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