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To Love Fasting: The Monastic Experience

Adalbert de Vogüé

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To Love Fasting: The Monastic Experience Adalbert de Vogüé
Fasting has just about disappeared from religious and spiritual life. Adalbert de Vogue, a Benedictine monk turned hermit, decided to try the old schedule for meals given by St. Benedict in his Rule. He found it pleasant and easy to eat only once at the end of the day. This book describes this "regular fast," so-called because it is observed as a rule of daily life.

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