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FACT SHEET

Category:	Religion / Christian Living / Spiritual Growth
Title:	Armchair Mystic
Subtitle:	How Contemplative Prayer Will Bring You Closer to God
Author(s):	Mark E. Thibodeaux, SJ
Book Description:	In *Armchair Mystic*, beloved Jesuit priest and retreat leader Fr. Mark E. Thibodeaux, SJ, blends theory and practice into a user friendly guide to show that the rewards of contemplative prayer are not reserved for monks, nuns, or spiritual masters but can be accessed by anyone in the ordinary moments of everyday life. With warmth, wisdom, and humor, Fr. Mark guides readers step-by-step through the natural growth of a life of prayer—from simply speaking to God, to listening for God's voice to resting peacefully in God's loving presence. Along the way, Fr. Mark offers practical guidance for overcoming distractions, navigating spiritual dryness, discerning God's invitation, and cultivating a richer, more intimate friendship with Christ. Filled with memorable stories, Scripture reflections, and guided prayer exercises, *Armchair Mystic* transforms contemplative prayer from something mysterious into something accessible. Whether you're taking your first steps in developing a rich prayer life or longing to move beyond routine devotions, this trusted classic will help you discover that a meaningful life with God doesn't begin in a monastery; rather, it can begin today, in the haven of your own favorite chair.
Author Bios:	Mark E. Thibodeaux, SJ, is an acknowledged expert on prayer and discernment. For ten years, he served as the director for Jesuits in formation, and he is currently the pastor of Holy Name of Jesus Parish in New Orleans, Louisiana. He is the author of several books, including *Reimagining the Ignatian Examen*, *Ignatian Discernment of Spirits for Spiritual Direction and Pastoral Care,* and *Discern: Listening for God's Whispers*.
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Contact Information:	Mary Alice Howard Consumer Marketing & Public Relations Manager publicist@loyolapress.com