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FACT SHEET

Category:	Religion / Christian Living / Spiritual Growth
Title:	Deep Waters
Subtitle:	An Introduction to Ignatian Prayer [Fundamentals of Ignatian Prayer Series: Book 1]
Author(s):	Becky Eldredge
Book Description:	**You don't have to wait for life to slow down to grow closer to God.** Amid packed schedules, restless hearts, and everyday responsibilities, you can find the peace and connection with God you long for. In *Deep Waters*, award-winning author and spiritual director Becky Eldredge shows you how to rely on the fundamentals of Ignatian prayer to change your life. Drawing on more than twenty-five years of helping people deepen their relationship with Jesus, Eldredge brings the wisdom of St. Ignatius of Loyola into your daily life. Discover how to make time for prayer, encounter Jesus in Scripture, recognize God's presence through the Examen, and listen for his voice in the questions and decisions that matter most to you. Personal stories, guided prayer exercises, and reflection questions help you put each chapter into practice. Whether you're beginning to pray or longing to renew your practice, Ignatian prayer will give you the tools to quiet the noise, understand the desires of your heart, and carry the strength you receive in prayer into your work, relationships, and challenges.
Author Bios:	Becky Eldredge is a trained Ignatian spiritual director, retreat facilitator, speaker, and author who has spent decades helping people deepen their relationship with God through Ignatian spirituality. A wife, mother of three, and long-time practitioner of Ignatian prayer, Becky is passionate about sharing the rewards of contemplative prayer with everyone. She is also the founder of IgnatianMinistries.org.
Publisher:	Loyola Press
Price:	$19.99

Page Count:	192
Binding:	Paperback
ISBN:	978-0-8294-6234-0
Publication Date:	March 9, 2027
Distribution	Direct from publisher or through wholesalers
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