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# FACT SHEET

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| Category: | Religion / Prayer |
| Title: | The Ignatian Examen |
| Subtitle: | Conversing Daily with God |
| Author(s): | Brendan McManus, SJ |
| Book Description: | **Turn Your Day into a Conversation with God**<br><br>The Examen is the one prayer that St. Ignatius couldn't do without. For centuries, this prayer has been at the center of Jesuit life. Simple yet transformative, the Examen teaches you to find God in the ordinary experiences of each day.<br><br>Discover how praying the daily Examen helps you discern God's conversation through your joys, frustrations, and encounters. With practice, you begin to recognize the ways God may be speaking through the ups and downs of your day. Your feelings, decisions, and encounters with family, friends, colleagues, and even strangers become part of an honest conversation in which you and God speak as close friends. |
| Author Bios: | Brendan McManus, SJ, is a Jesuit priest, spiritual director, and retreat leader. Author of the award-winning *Mess* series, he has also written books on Ignatian Spirituality and the Camino. He is passionate about helping people discover God's presence in everyday life through the practical wisdom of the Spiritual Exercises. |
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