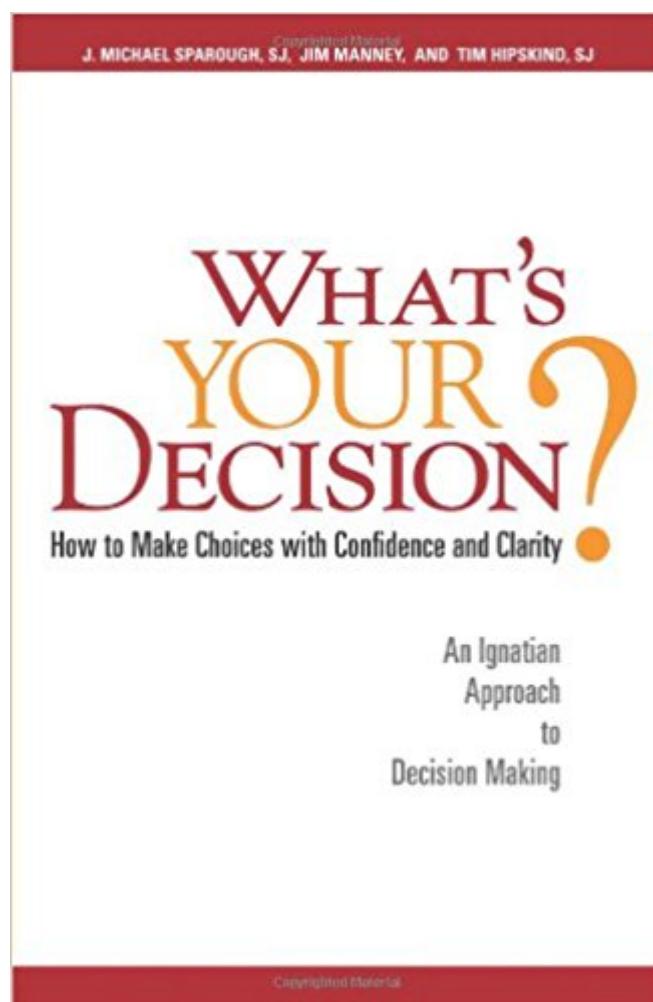


The book was found

What's Your Decision?: How To Make Choices With Confidence And Clarity: An Ignatian Approach To Decision Making



Synopsis

Do you have an effective decision making process in place, one that you can consistently rely on to help you make good decisions? Most people don't, and as a result they are never quite certain if they have made the best choice, and if their final decision was truly a good decision. In *What's Your Decision?*, a fast-moving, personal, and highly practical book, the authors introduce readers to a time-tested Ignatian approach to effective decision making. Based on the insights of St. Ignatius, the book addresses common questions such as What's important and what's not when it comes to making decisions? Can I ever trust my gut? What do I really want? Ultimately, *What's Your Decision?* helps us understand that a God decision always precedes a good decision: When we invite God—who cares deeply about what we do—into the decision-making process, we find the freedom to make the best choice.

Book Information

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Customer Reviews

What's Your Decision? is a book for everybody who is convinced that God is active in our lives and cares about what we are doing. It's a book for all those who desire to choose the good, to discern God's will and to become free enough to make the best choices. (Birgit Oberhofer Catholics on Call)

Discover a time-tested approach to making good decisions Do I go to graduate school? Whom should I marry? Should I change careers? What do I do with my life now that I'm retired? All of us have important decisions to make—decisions that radically alter our lives. Yet

without a sound process in place for making key decisions, we are likely to question whether or not our final decision was a good decision; more to the point, we will never feel fully confident that our decision was what God truly desired for us. *What's Your Decision?* presents a time-tested, trustworthy approach to decision making based on the insights of Ignatius of Loyola, founder of the Jesuits and the author of the *Spiritual Exercises*, one of history's most influential spiritual texts. Throughout this fast-moving and highly practical book, the authors present an "Ignatian toolkit" for making sound choices and provide answers to many common questions such as What's important and what's not when it comes to making choices? Do I trust my gut? What do I really want? Ultimately, *What's Your Decision?* helps us understand that a God decision always precedes a good decision: When we invite God—who cares deeply about what we do—into the decision-making process, we find the freedom to make the best choice. J. Michael Sparough, SJ, teaches spiritual direction at Loyola University Chicago and is the founder of Charis Ministries. Tim Hipskind, SJ, has been leading retreats and workshops on discernment since 1996 and also has worked extensively with young adults. Jim Manney is a senior editor at Loyola Press. Discover a time-tested approach to making good decisions Do I go to graduate school? Whom should I marry? Should I change careers? What do I do with my life now that I'm retired? All of us have important decisions to make—decisions that radically alter our lives. Yet without a sound process in place for making key decisions, we are likely to question whether or not our final decision was a good decision; more to the point, we will never feel fully confident that our decision was what God truly desired for us. *What's Your Decision?* presents a time-tested, trustworthy approach to decision making based on the insights of Ignatius of Loyola, founder of the Jesuits and the author of the *Spiritual Exercises*, one of history's most influential spiritual texts. Throughout this fast-moving and highly practical book, the authors present an "Ignatian toolkit" for making sound choices and provide answers to many common questions such as What's important and what's not when it comes to making choices? Do I trust my gut? What do I really want? Ultimately, *What's Your Decision?* helps us understand that a God decision always precedes a good decision: When we invite God—who cares deeply about what we do—into the decision-making process, we find the freedom to make the best choice.

I have rarely encountered a book that was so chock full of good ideas but also so well-written front to back. Actually, it doesn't really do the book justice to refer to it as having a bunch of good ideas. The book represents a single very excellent idea in a satisfying and thorough manner. It was easy

to follow and easy to trust: the decision process is Godly and can be made reliable, if conviction and peace of mind in the decision is the goal. I can see myself working through the process prescribed over time, in the course of normal life. I can recommend this book unreservedly to any person.

Excellent book. The Jesuits really know how to write one. It covers a brief overview of Ignatian principles such as consolation, desolation, when decisions are influenced by God, and when decisions are based from one's own weaknesses or from evil. One thing is clear - a good decision is never done alone and requires you to be on God's side. The book tells you what that looks like, how to get there, and all the pitfalls and dangers in between.

Two thumbs up. Very readable. Gets at the heart of an intimidating process and actually makes decision making inviting.

I really recommend it, very practical for daily life and inspirational too. I have given this book as a gift to two of my grown up childrenM.H., Miami, FL

Great book on Decision making for Christians in particular, but quite a book of wisdom for all!

This book contains many helpful insights for those that are concerned about God's will for their lives and who are looking to understand what that is. I would highly recommend this book to anyone who is serious about their walk with God.

The book describes a different way to think about decisions and to reach important ones, taking all of your values and insights into account.

I vividly remember high school and small college football drills where we were taught to hit and recover, to get back up, and to then hit again. Getting back up had one purpose, to hit again before the whistle ended the drill or, when the referee's whistle ended the play. Work (delivering my block) was dead (just not possible) without recovery, getting back up. We all are continually going through that same cycle in our work. From our first day we hit, recover, and hit again. Hit, recover. Recovery, work. Again and again. No matter where you are in that cycle today, this little book quickly conveys proven, practical wisdom for both immediate and long term help. As we read, reread, and discuss it,

help for those of us who are open to the possibility that God, as we each understands God, loves us, wants us to be happy, and like good parents wants to help us each have our own journey. We welcome you to discuss this book and any others you find helpful at one of our faith sharing groups, see ...]CONTACT ME IF YOU'D LIKE HELP STARTING A SIMILAR GROUP.

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