



Silence and Stillness in Every Season: Daily Readings with John Main

John Main

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Many thousands of people across the world have found their spiritual lives enriched by the daily practice of Christian meditation, the method of silent prayer taught by Benedictine monk John Main. It is a tradition which draws on the ancient wisdom of the Bible, the Hindu Upanishads and the early Christian Desert Fathers. John Main wrote several books on contemplative prayer before he died in 1982, but this collection is the only one to draw the essence of all his teachings into one volume. Paul Harris has devotedly selected the essential extracts from each of John Main's works and arranged them here in an attractive and practical daily readings format.

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