



# Come to the Quiet: The Principles of Christian Meditation

*John Michael Talbot*

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Within the heart of Christianity lies a rich tradition of meditation and contemplation. In *Come to the Quiet*, John Michael Talbot explores these roots and offers daily practices and exercises to help readers bring this tradition into their everyday lives.

While millions of Americans have discovered the ancient wisdom of Eastern meditation practices, the valuable tradition of meditation within Christianity has been greatly overlooked. Now, with this book, Christians eager to look to their own faith in order to discover the spiritual, psychological, and physical health benefits of meditation will have a valuable resource to which they can turn. An influential thinker within the Catholic Church who has touched millions with his hauntingly beautiful, meditative music, Talbot brings a wealth of knowledge and insight to this important subject.

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