



# Catechism of Mental Prayer

*Joseph Simler*

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## **Catechism of Mental Prayer** Joseph Simler

This booklet clearly explains what mental prayer or "meditation" is and how to do it. Whereas larger books about this topic fail, this booklet succeeds in helping to seek a true understanding of mental prayer as a form of meditation. Takes the beginner step-by-step through the 3 basic aspects. Mental prayer is for all--so is this book.

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