



What's Your Decision?: How to Make Choices with Confidence and Clarity

By J. Michael Sparough, Jim Manney, Tim Hipskind

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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.

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Editorial Review

Review

"*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*

From the Back Cover

Discover a time-tested approach to making good decisions

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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.

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About the Author

J. Michael Sparough, SJ, teaches spiritual direction at Loyola University Chicago and is the founder of Charis Ministries.

Jim Manney is a senior editor at Loyola Press. Jim has written five books, and his articles have appeared in many magazines. He blogs at <http://ignatianspirituality.com/dotmagis-blog/>.

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