This book is to be recommended to anyone for whom prayer seems to be marking time. Spiritual directors should also read it, for their own benefit and for that of others. By way of comment, it should be said that Clitherow makes no attempt to cut corners or to over simplify; the reader is not left with the impression that she/he is being talked down to or that problems are being brushed aside.

It is a bible based book, yet it includes, usually towards the beginning of each section, a story from daily life - and as the author is a parish priest these are drawn from a wide range of experience. The clear structure of the book makes it easy to memorise. There are four parts - Grounded through prayer, Growing through prayer, Giving through prayer, The prayer of Stillness. And in each part there are four sections ending with three short, practical suggestions on grounding, reflecting, praying. The concluding part departs from this pattern and ends with a suggested way of prayer - 'The Prayer of Stillness'.

In previous books Clitherow has written mainly for clergy, a tired vicar writing for tired vicars. Here is something for anyone serious about prayer, and perhaps unaware that prayer is about love - or nothing.

Anselm SSF