It's easy to get a surfeit of books on prayer but this slim item from Michael Marshall is worth adding to one's collection. The book describes how we may move through inbred habits of self delusion towards the freedom that can only come when we drop our layers of pretence and accept the core that is left, finding freedom in the power of God given through prayer.

Marshall describes how we cover up our true selves by various artifices to give ourselves better status; then how the Spirit nudges to reveal more of the real person in us - both to God and to others. This move initiates the transformation which God requires to bring us out of the old shell of self protection and prompts us to a new openness before God which can lead to our re-creation and our true freedom.

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