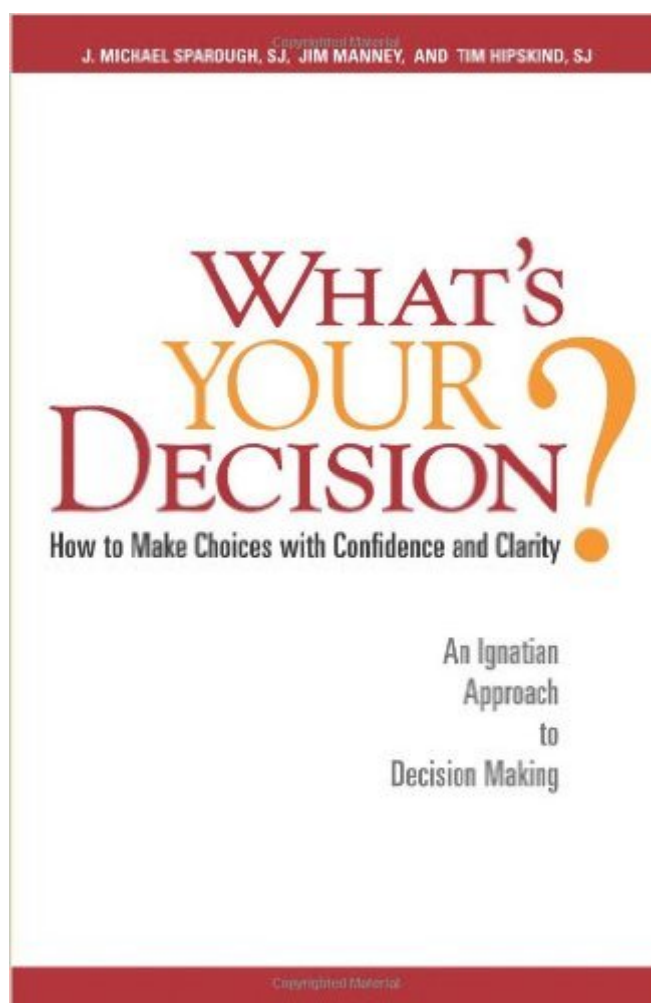


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# What's Your Decision?: How To Make Choices With Confidence And Clarity: An Ignatian Approach To Decision Making



## Synopsis

Do you have an effective decision making process in place, one that you can consistently rely on to help you make good decisions? Most people don't, and as a result they are never quite certain if they have made the best choice, and if their final decision was truly a good decision. In *What's Your Decision?*, a fast-moving, personal, and highly practical book, the authors introduce readers to a time-tested Ignatian approach to effective decision making. Based on the insights of St. Ignatius, the book addresses common questions such as What's important and what's not when it comes to making decisions? Can I ever 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.

## Book Information

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## Customer Reviews

This book contains many helpful insights for those that are concerned about God's will for their lives and who are looking to understand what that is. I would highly recommend this book to anyone who is serious about their walk with God.

Good decision making is a key to a good life. "What's Your Decision?: How to Make Choices with Confidence and Clarity, An Ignatian Approach to Decision Making" is a guide to making these decisions with the help of one's faith in God, trying to find what your heart wants and deciphering God's plan for you. With plenty of tools and thoughts on the matter, "What's Your Decision?" is a

choice pick for the indecisive Christian.

I have rarely encountered a book that was so chock full of good ideas but also so well-written front to back. Actually, it doesn't really do the book justice to refer to it as having a bunch of good ideas. The book represents a single very excellent idea in a satisfying and thorough manner. It was easy to follow and easy to trust: the decision process is Godly and can be made reliable, if conviction and peace of mind in the decision is the goal. I can see myself working through the process prescribed over time, in the course of normal life. I can recommend this book unreservedly to any person.

I vividly remember high school and small college football drills where we were taught to hit and recover, to get back up, and to then hit again. Getting back up had one purpose, to hit again before the whistle ended the drill or, when the referee's whistle ended the play. Work (delivering my block) was dead (just not possible) without recovery, getting back up. We all are continually going through that same cycle in our work. From our first day we hit, recover, and hit again. Hit, recover. Recovery, work. Again and again. No matter where you are in that cycle today, this little book quickly conveys proven, practical wisdom for both immediate and long term help. As we read, reread, and discuss it, help for those of us who are open to the possibility that God, as we each understands God, loves us, wants us to be happy, and like good parents wants to help us each have our own journey. We welcome you to discuss this book and any others you find helpful at one of our faith sharing groups, see ...]CONTACT ME IF YOU'D LIKE HELP STARTING A SIMILAR GROUP.

I found that this book does exactly what it says it will do: offer you God-centered strategies on the best way to make a decision. I think the length of the book is just right, and I appreciate how clear and precise the writing is throughout. It's especially useful for new Christians looking for strategies on how to actually put God first when making major decisions, but I believe mature Christians will find it useful also.

This little book is a gem for discerning life's decisions. As I read the book I could see some of the major decisions that I had made in my life reflected in the modes of discernment. One major decision my husband and I wrestled with was a move from Canada to Texas with two small children. Throughout the process the decision became a very easy one for us (Mode #1 - overwhelming certainty) and one that I felt God was leading us to take. This book is well written, thought provoking

and will be instrumental in my future decision making!!

Excellent book. The Jesuits really know how to write one. It covers a brief overview of Ignatian principles such as consolation, desolation, when decisions are influenced by God, and when decisions are based from ones own weaknesses or from evil. One thing is clear - a good decision is never done alone and requires you to be on God's side. The book tells you what that looks like, how to get there, and all the pitfalls and dangers in between.

this book was recommended to me by a Jesuit brother. It is well worth the time and money to read it. It takes St. Ignatius ideas on decision-making and reflection and makes them relevant to today's world. It is the kind of book that is easily read and leads to self reflection and meditation. Its suggestions on discernment are right on target and can be used with a very broad audience to help students, parents, and clients, get on board with the act of meaningful self reflection. Definitely not bellybutton staring.

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