

Open the Door: A Journey to the True Self

By Joyce Rupp

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The long-awaited book from best-selling spiritual guide Joyce Rupp, creatively leads readers to explore how the image of the door can guide them in a process of discovering their true self.

Joyce Rupp brings new life to the ageless spiritual image of the door, weaving insights from East and West with the wisdom of contemporary spiritual writers, poets, and novelists in a practical format that is just right for contemporary readers. Structured as a daily prayer guide for everyday use over six weeks, each day offers a thematic reflection, a guided meditation, an original prayer, a thoughtful question, and a related scripture quote. A built-in guide for small groups makes this the perfect resource for groups of all kinds as well as individuals.

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Editorial Review

Review
"This immensely creative and spiritually refreshing work unravels a treasure trove of insights and meanings from the image of a door. Rupp did a similar thing when she started with a cup in *The Cup of Our Life*, and we are glad she has returned to this capacious structure." --***Spirituality & Practice***

"Joyce Rupp is one of the best Christian spiritual guides writing today. In her new book she gently, wisely, and compassionately opens the door to a deeper life of prayer and a closer life with God." --**Rev. James Martin, S.J.**, Author of *My Life with the Saints*

"Joyce Rupp's value as a guide for the spiritual journey is without question. In *Open the Door* her consistently strong and effective insights and exercises lead the reader step by step into the 'holy site' within." --**Paula D'Arcy**, Author of *Sacred Threshold*

"*Open the Door* is vintage Joyce Rupp. Her spiritual depth and command of rich resources enable her to engage and invite to the deep heart's core. The daily practices she outlines are like latchkeys to the soul; there we may find our true self in the presence of God. This is the most life-giving door you will ever open. Though the key is on the inside, the locksmith Rupp will help." --**Thomas Groome**, Professor of Theology and Religious Education, Boston College

"This book is a guide for anyone wishing to explore their own self and takes the reader on a journey which gives them the opportunity to examine their own spiritual awareness and in doing so provides the chance of developing their own goodness and fulfilment." --**goodbookreviews.org.uk**

About the Author
Joyce Rupp is well known for her work as a writer, spiritual "midwife," and retreat and conference speaker. A member of the Servite (Servants of Mary) community, she has led retreats throughout North America, as well as in Europe, Asia, Africa, and Australia. Joyce is the author of many books, including bestsellers *Rest Your Dreams on a Little Twig*, *The Cup of Our Life*, *May I Have This Dance?*, and *Praying Our Goodbyes*.

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