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The Ignatian Workout for Lent: 40 Days of Prayer, Reflection, and Action]] [By (author) Tim Muldoon] published on (December,) on thehostingblog.com *FREE*. 40 Days of Prayer, Reflection, and Action prayer from the *Spiritual Exercises of St. Ignatius* and can be used by anyone during Lent to help readers become. A follow-up to his wildly popular *The Ignatian Workout*, Tim Muldoon applies the principles of discernment, reflection, and action to guide readers to grow in love. Read *The Ignatian Workout for Lent 40 Days of Prayer, Reflection, and Action* by Tim Muldoon with Rakuten Kobo. A follow-up to his wildly popular *The*

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