



## Cammino di perfezione (Italian Edition)

*Teresa d'Avila*

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# Cammino di perfezione (Italian Edition)

*Teresa d'Avila*

## **Cammino di perfezione (Italian Edition)** Teresa d'Avila

Teresa d'Avila nacque in Spagna, ad Avila, nel 1515. Sebbene priva di formazione letteraria, i suoi scritti rientrano tra i più notevoli nell'ambito della letteratura mistica, fino a valerle il titolo di Dottore della Chiesa. Il Cammino di perfezione fu scritto tra il 1564 e il 1567 per le carmelitane del Monastero di San José di Avila, di cui Teresa era priora. Si compone di 42 capitoli. Nei primi 26 capitoli essa dona consigli sul raggiungimento della perfezione spirituale tramite la povertà, l'amore del prossimo, l'umiltà e la preghiera. Gli ultimi 16 capitoli sono una meditazione sul Padre Nostro, strofa per strofa. Grande classico della spiritualità, di sublime bellezza mistica, il "Cammino di perfezione" coinvolge i lettori con il suo calore e la sua scorrevolezza ed è in grado di offrire ispirazione e guida a tutti coloro che sono in cerca di uno stile di vita più significativo e profondo.

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