

The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life

By Gary Jansen



The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen

What might happen if you gave just ONE PERCENT of your day to God?

I don't have time to pray. I don't know how to pray. I don't know what to pray for. Perhaps you identify with one or all of these statements; most people do. But with Gary Jansen's *The 15-Minute Prayer Solution*, anyone can learn to turn those "I don't" statements into "I do" declarations—and be transformed in the process.

Drawing on spiritual practices from the Christian tradition throughout the centuries, Jansen offers numerous and wide-ranging prayer exercises that can be completed in less than fifteen minutes. The Jesus Prayer, lectio divina, the Examen, imaginative prayer, and many more ways to joyfully encounter the Living God are explained. Deeply personal stories, thought provoking modern-day parables, and even humorous anecdotes bring spiritual ideas down to earth, revealing the practical side of prayer.

And, as Jansen himself discovered, if you're willing to take just fifteen minutes a day to pray, you may soon find that the entirety of your *life* has become a prayer, a relentless desire to place God at the center of everything.

Now in paperback: Gary Jansen's bestselling *Exercising Your Soul* retitled, repackaged and revised!

 [Download The 15-Minute Prayer Solution: How One Percent of ...pdf](#)

 [Read Online The 15-Minute Prayer Solution: How One Percent o ...pdf](#)

The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life

By Gary Jansen

The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen

What might happen if you gave just ONE PERCENT of your day to God?

I don't have time to pray. I don't know how to pray. I don't know what to pray for. Perhaps you identify with one or all of these statements; most people do. But with Gary Jansen's *The 15-Minute Prayer Solution*, anyone can learn to turn those "I don't" statements into "I do" declarations—and be transformed in the process.

Drawing on spiritual practices from the Christian tradition throughout the centuries, Jansen offers numerous and wide-ranging prayer exercises that can be completed in less than fifteen minutes. The Jesus Prayer, lectio divina, the Examen, imaginative prayer, and many more ways to joyfully encounter the Living God are explained. Deeply personal stories, thought provoking modern-day parables, and even humorous anecdotes bring spiritual ideas down to earth, revealing the practical side of prayer.

And, as Jansen himself discovered, if you're willing to take just fifteen minutes a day to pray, you may soon find that the entirety of your *life* has become a prayer, a relentless desire to place God at the center of everything.

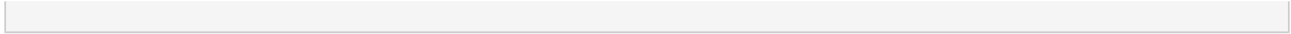
Now in paperback: Gary Jansen's bestselling *Exercising Your Soul* retitled, repackaged and revised!

The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen Bibliography

- Sales Rank: #194250 in Books
- Published on: 2015-12-01
- Original language: English
- Number of items: 1
- Dimensions: 6.90" h x .60" w x 4.90" l, .0 pounds
- Binding: Paperback
- 206 pages

 [Download The 15-Minute Prayer Solution: How One Percent of ...pdf](#)

 [Read Online The 15-Minute Prayer Solution: How One Percent o ...pdf](#)



Download and Read Free Online *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* By Gary Jansen

Editorial Review

Review

"Many people know about God, but few have actually encountered him. In this much-needed book, Gary Jansen helps us take our faith from a dry intellectual exercise to a powerful personal encounter."

– Jennifer Fulwiler, radio host and author of *Something Other than God*

"Think you don't have time to pray? You'll reconsider after reading this gentle but persuasive invitation to a Spirit-led life. In "The Fifteen-Minute Prayer Solution," Gary Jansen blends evocative imagery, intimate personal stories and concrete suggestions to help even weary seekers rediscover the joy of finding God in all things."

– Colleen Carroll Campbell, author of *My Sisters the Saints: A Spiritual Memoir*

"Gary Jansen has done it again! This book is must reading for anyone who wants to understand and experience the miraculous power of prayer. Read it and transform your life from head to soul."

– Anthony DeStefano, author of *Ten Prayers God Always Says Yes To*

"Gary Jansen's *The 15-Minute Prayer Solution* is a book that fills a real need. This book takes people where they are in the spiritual life—busy, overloaded, and feeling empty—and teaches them how to pray in the midst of a revolving-door world. Jansen takes the best of the tradition and shows people how to make it real today. To understand the full fruit of this very modern and very traditional primer on prayer, this book ought to be discussed with others as well as read alone."

– Joan Chittister, O.S.B., author of *Between the Dark and the Daylight*

"*The 15-Minute Prayer Solution* is a sacred pause amidst our busy everyday lives, drawing us closer to God's illuminating love and warm embrace."

– John Schlimm, award-winning author of *Five Years in Heaven*

"[A] well-done spiritual workbook...enlightening and useful."

– *Publishers Weekly*

"Prayer is not just for the saints, but for you. Gary Jansen's beautiful book is filled with simple, how-to advice on jump-starting your relationship with God. Using insights from the *Spiritual Exercises* of St. Ignatius Loyola, Jansen offers straight-forward advice on how to begin, or deepen, your relationship with the

One who loved us into being."

- James Martin, SJ, author of *Jesus: A Pilgrimage*

"Gary Jansen's powerful book will send you into a spiritual awakening. Start reading *The Fifteen-Minute Prayer Solution* and you will truly desire to love others in a new way. He not only writes a beautiful work, but more importantly, he lives the message."

- Justin Fatica, author of *Hard as Nails* and *Win it All*

"Gary Jansen has accomplished what no other spiritual author before him has: explained the Spiritual Exercises of Ignatius of Loyola in language I understand! He educates, entertains, and inspires with his charming stories and simple prose."

- Therese Borchard, author of *Beyond Blue*

"I love this book. Gary Jansen has an endearing, attention-deficit quality that lets him deliver big lessons not only painlessly, but humorously. He goes deep, and takes us readers deep, without even a whiff of pious unction. For Jansen, a tattooed foot on the subway is the start of a mystical flight. By the end of the story, we know that these everyday distractions should be graces for us as well."

- Mike Aquilina, author of *Angels of God* and Executive Vice-President, St. Paul Center for Biblical Theology

"Whether you are a veteran or a novice in prayer, this jewel of a book holds inspiration for us all."

- Alexander J. Shaia, PhD, author of *The Hidden Power of the Gospels: Four Questions, Four Paths, One Journey*

Gary Jansen offers us a simple and powerful truth: Give God fifteen minutes each day, and you will begin to experience God in every moment. With compassion, wisdom, humility, and practical simplicity, Gary Jansen shows that by making a small space in your life each day for prayer and contemplation, your entire life will become filled with the presence of God. Read *The 15 minute Prayer Solution* and you will learn how to experience a deep and fulfilling relationship with the Divine Beloved.

- Michael A. Singer, *New York Times* bestselling author of *The Untethered Soul* and *The Surrender Experiment*

"Brilliant! Whether you are a beginning or a veteran of the spiritual life I think you will find Gary Jansen's approach immensely practical."

- Matthew Kelly, *New York Times* bestselling author of *The Rhythm of Life*

About the Author

Gary Jansen is senior editor of religion and spirituality at the Crown Publishing Group at Penguin Random House. He is the author of *The Rosary: A Journey to the Beloved* and the bestselling memoir, *Holy Ghosts*. A

popular lecturer and commentator, Jansen has appeared on A&E, the Sundance Channel, the Travel Channel, Coast to Coast AM, CNN.com and NPR. His writing has been featured in the *Huffington Post*, *Religion Dispatches*, and *USA Today*.

Users Review

From reader reviews:

Frank Lach:

Information is provisions for anyone to get better life, information currently can get by anyone with everywhere. The information can be a knowledge or any news even restricted. What people must be consider whenever those information which is inside former life are challenging to be find than now's taking seriously which one is acceptable to believe or which one the actual resource are convinced. If you obtain the unstable resource then you buy it as your main information there will be huge disadvantage for you. All of those possibilities will not happen inside you if you take *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* as the daily resource information.

George Cardenas:

The book *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* has a lot info on it. So when you make sure to read this book you can get a lot of advantage. The book was compiled by the very famous author. The writer makes some research before write this book. This book very easy to read you can obtain the point easily after perusing this book.

Gloria Brower:

Your reading 6th sense will not betray an individual, why because this *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* book written by well-known writer who really knows well how to make book that could be understand by anyone who all read the book. Written throughout good manner for you, dripping every ideas and writing skill only for eliminate your hunger then you still question *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* as good book not only by the cover but also by the content. This is one book that can break don't determine book by its protect, so do you still needing yet another sixth sense to pick that!?! Oh come on your looking at sixth sense already told you so why you have to listening to a different sixth sense.

Christopher Suttle:

Reading a guide make you to get more knowledge from that. You can take knowledge and information from a book. Book is prepared or printed or outlined from each source that will filled update of news. In this modern era like currently, many ways to get information are available for anyone. From media social just like newspaper, magazines, science publication, encyclopedia, reference book, novel and comic. You can add your understanding by that book. Do you want to spend your spare time to spread out your book? Or just trying to find the *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* when you required it?

Download and Read Online [The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life](#) By Gary Jansen #51YNMT0IWJA

Read The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen for online ebook

The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen books to read online.

Online The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen ebook PDF download

The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen Doc

The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen Mobipocket

The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life By Gary Jansen EPub