



The Rule of Benedict: An Invitation to the Christian Life (Cistercian Studies)

Georg Holzherr OSB

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In his introduction to this commentary on the *Rule of Benedict*, Abbot Georg Holzherr offers this analogy: “The Rule is comparable to an old heavy red wine that is enjoyed in small sips. . . . Head and heart, soul and mind should taste the words of the Rule, just as the eye enjoys the color of the wine while tongue, nose, and mouth take in the delightful gift of God each in their own way.”

In this new translation, based on the completely revised seventh edition of *DieBenediktsregel*, Holzherr has created a profoundly rich commentary using up-to-date research methods and the latest translations of ancient monastic texts. At the same time, this commentary is meant not only for experts in the field of ancient monasticism but also for all lay and monastic readers interested in delving into the teachings and spirituality of Saint Benedict and his spiritual predecessors in the East and in the West.

This edition also features a completely revised and expanded introduction and commentary. New research in the field of early monasticism is offered, including new insights into the monastic life of women. Finally, the updated bibliography and a detailed index are valuable tools for anyone wanting to explore the extraordinary world of Saint Benedict.

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