



Praying with the Grain

Pablo Martinez

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Why do so many struggle to pray? Dr Pablo Martinez, a medical doctor and psychotherapist, suggests that our basic personality type strongly affects how we pray, and what we pray about. Extroverts may struggle to develop a regular prayer life; introverts will be more likely to set time apart. Thinking types find prayer more satisfactory if accompanied by pen and paper; feeling types may long for intimacy with God; intuitive types tend to be innovators and visionaries, and may have a more mystical bent; sensation types often have a particular capacity for spontaneous prayer; and so on. The purpose of this book is to help us understand, and work with, our own spiritual path. 'A profound, practical and personal book in which the skill of the psychiatrist and the gentleness of the pastor are combined ...I cannot imagine any reader failing to be helped by it, as I have been myself.' - John Stott

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