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# The Way

Read these counsels slowly.  
Pause to meditate on these thoughts. They are things that I whisper in your ear—confiding them—as a friend, as a brother, as a father. And they are being heard by God.”

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*The Way*, step by step: a guide for young people

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“Read these counsels slowly. Pause to meditate on these thoughts. They are things that I whisper in your ear—confiding them—as a friend, as a brother, as a father. And they are being heard by God.” With these words, the best-known and most popular of Saint Josemaría’s books, *The Way*, begins.

The strength of the book is largely due to the fact that it is based on real, living experience, being the fruit of the author's work as a priest which began in 1925. The book appeared first in 1934 under the title *Consideraciones espirituales* and later (in 1939) received its definitive title, after being greatly expanded. Over the years, more than four and a half million copies have been sold, in 43 different languages.

The 999 points (the number deliberately chosen as a multiple of 3 out of devotion to the Trinity) cover aspects of Christian life needed in order to really be and to act like a child of God in the middle of the world: starting from personal character and ending with the apostolate, passing through prayer, work, and virtue. The purpose is laid out in the prologue: “I will only stir your memory, so that some thought will arise and strike you; and so you will better your life and set out along ways of prayer and of Love. And in the end you will be a more worthy soul.”

“I wrote most of the book,” said the author, in an interview with *Le Figaro* in 1966, “in 1934, summarizing my priestly experience for the benefit of all the souls with whom I was in contact, whether they were in Opus Dei or not... It is not a book solely for members of Opus Dei.

It is for everyone, whether Christian or non-Christian. The Way must be read with a minimum of supernatural spirit, interior life, and apostolic feeling. It is not a code for the man of action. The book's aim is to help people to become God's friends, to love him, and to serve all men and women."

*The Way* has sold 4.5 million copies and has been translated into 44 languages.

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