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*Prayer and Meditation* is the third of the three volumes which Dr Happold has written for Penguin Books. The first two volumes, *Mysticism, A Study and an Anthology* and *Religious Faith and Twentieth-Century Man*, have been great successes, especially the first, now in a third enlarged edition, which has won for its author a world-wide reputation.

The present work on the nature and practice of prayer, meditation and contemplation is, like *Mysticism*, divided into two parts. The first is a study of the nature of prayer and its expression at all levels of spirituality in all the main religions; the second is a collection of prayers, devotions and meditations for 'all sorts and conditions of men', and containing much original material in prose and verse never before printed.

Dr Happold's clear style makes difficult ideas fully comprehensible and he also explains the relevance of the life of prayer to the life of action.

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