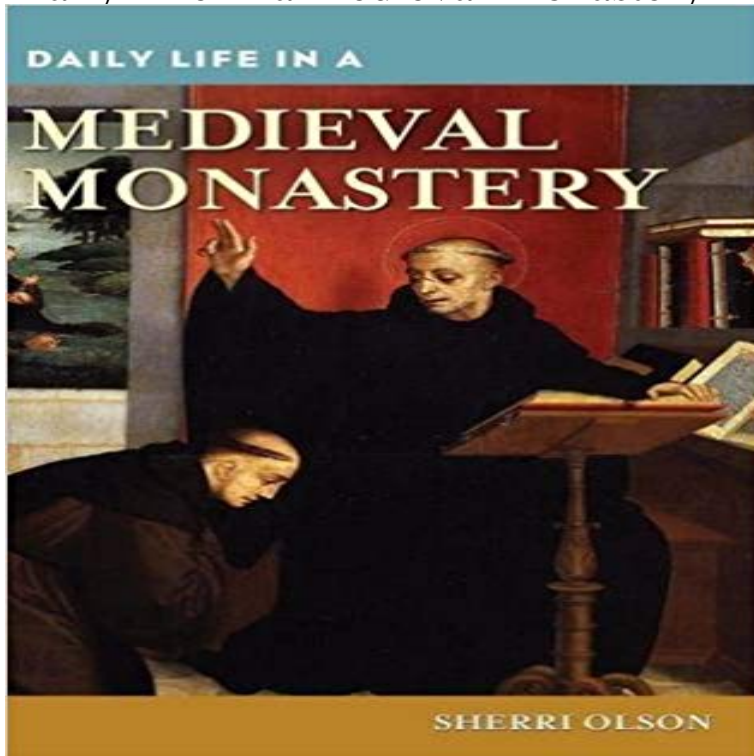


## Daily Life in a Medieval Monastery



A study of life inside medieval monasteries that explores monastic spirituality, daily routines, contact with the outside world, and the historical impact of these foundational institutions on the Western world. Surveys the history of the monastery, describing its origins, purpose, geographic spread, and impact on the larger society. Provides a glimpse of the rich and often idiosyncratic evidence that survives for medieval monasteries. Emphasizes the pervasiveness of monasticism in medieval Europe, the versatility of the monastic tradition, and its remarkable survival. Brings to life the interior experience of a typical monk or nun, allowing readers to understand what draws some individuals to the monastic life.

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