



# What's Your Decision?: How to Make Choices with Confidence and Clarity: An Ignatian Approach to Decision Making

*J. Michael Sparough SJ, Jim Manney, Tim Hipskind SJ*

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## **What's Your Decision?: How to Make Choices with Confidence and Clarity: An Ignatian Approach to Decision Making** J. Michael Sparough SJ, Jim Manney, Tim Hipskind SJ

Do you have an effective decision making process in place, one that you can consistently rely on to help you make good decisions? Most people don't, and as a result they are never quite certain if they have made the best choice, and if their final decision was truly a good decision.

In *What's Your Decision?*, a fast-moving, personal, and highly practical book, the authors introduce readers to a time-tested Ignatian approach to effective decision making. Based on the insights of St. Ignatius, the book addresses common questions such as What's important and what's not when it comes to making decisions? Can I ever trust my gut? What do I really want?

Ultimately, *What's Your Decision?* helps us understand that a God decision always precedes a good decision: When we invite God—who cares deeply about what we do—into the decision-making process, we find the freedom to make the best choice.

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