



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

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

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Do I go to graduate school? Whom should I marry? Should I change careers? What do I do with my life now that I'm retired? All of us have important decisions to make decisions that radically alter our lives. Yet without a sound process in place for making key decisions, we are likely to question whether or not our final decision was a good decision; more to the point, we will never feel fully confident that our decision was what God truly desired for us.

What's Your Decision? presents a time-tested, trustworthy approach to decision making based on the insights of Ignatius of Loyola, founder of the Jesuits and the author of the Spiritual Exercises, one of history's most influential spiritual texts. Throughout this fast-moving and highly practical book, the authors present an Ignatian toolkit for making sound choices and provide answers to many common questions such as What's important and what's not when it comes to making choices? Do I 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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