



THE LIFE OF ST. TERESA

Santa Teresa de Jesus

## ***The Life of St. Teresa***

by **Santa Teresa de Jesus (Teresa of Avila) (1515-1582)**

Translated by **Rev. John Dalton (1814-1874)**

Saint Teresa of Ávila, also called Saint Teresa of Jesus, baptized as Teresa Sánchez de Cepeda y Ahumada, was a prominent Spanish mystic, Carmelite nun, and writer of the Counter Reformation. She was a reformer of the Carmelite Order and is considered to be, along with John of the Cross, a founder of the Discalced Carmelites. In 1970 she was named a Doctor of the Church by Pope Paul VI. Her writings, produced for didactic purposes, stand among the most remarkable in the mystical literature of the Catholic Church. This autobiography was written before 1567, under the direction of her confessor, Fr Pedro Ibáñez. *(Wikipedia)*

**Total running time: 13:31:33**

**Read by Ann Boulais**

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*Portrait of St. Teresa of Avila* by  
Peter Paul Rubens, (1615)



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