



Daily Life in a Medieval Monastery

Sherri Olson

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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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