

The background of the cover is a detailed black and white illustration. It depicts a medieval town or monastery with numerous buildings, a prominent tower, and a monk in the foreground. The monk is shown in a state of prayer, with his hands clasped and his head bowed. The overall style is reminiscent of a woodcut or a detailed engraving.

TO LOVE  
FASTING

*The Monastic Experience*

ADALBERT DE VOGÜÉ  
OF THE ORDER OF SAINT BENEDICT

# To Love Fasting

**Huangqi Zhang**



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