



## Press Sheet

### Bio

Becky is an Ignatian-trained spiritual director, retreat facilitator, and author of two books: *The Inner Chapel* (Loyola Press, April 2020) and *Busy Lives & Restless Souls* (Loyola Press, 2017). She leads a ministry that offers spiritual direction, resources, and retreats (virtual and in-person) rooted in the Spiritual Exercises of St. Ignatius. Passionate about Ignatian spirituality and teaching people how to pray and discern, Becky draws from over twenty years of ministry experience to help people make room for God in the busyness and invite them deeper in their walk with Christ. She holds an M.P.S. from Loyola University in New Orleans, a M.Ed. from Louisiana State University. Becky lives in Baton Rouge with her husband, Chris, and their three children, Brady, Abby, and Mary. You can learn more about her ministry at [www.beckyeldredge.com](http://www.beckyeldredge.com).

### Possible Topics

Making Room for God in the Busyness; The Gift of the Inner Chapel; Anchoring our Hope in the Promises of God; Praying our Lives: The Examen; Making Hope Real; Jesus: A Companion in our Suffering; How to Give a Zoom Retreat

### Logo

You can find the Becky Eldredge brand logo [here](#).

### Headshot

You can find Becky's headshot [here](#).

### Books

*Busy Lives & Restless Souls* (Loyola Press, 2017)

*The Inner Chapel* (Loyola Press, 2020)

You can find Becky's Amazon Author page [here](#).

### Social

Website: [beckyeldredge.com](http://beckyeldredge.com)

Instagram: [@beldredge98](https://www.instagram.com/beldredge98)

Facebook: [facebook.com/beldredge98](https://www.facebook.com/beldredge98)



## Book Information

### *Busy Lives & Restless Souls: How Prayer Can Help You Find the Missing Peace in Your Life*

Author: Becky Eldredge

Publisher: Loyola Press

Publication Date: March 1, 2017

ISBN: 978-0-8294-4495-7

Available in: [Paperback & eBook](#)

Awards: 2019 Best Book Awards, Finalist: Religion—Christian Inspirational

Description: In *Busy Lives & Restless Souls*, Becky Eldredge interprets principles of Ignatian spirituality in a fresh way to equip us with prayer tools that are accessible and practical within the relentless realities of our daily routines. Just as important, she shows us how we can bring our relationship with God to life by becoming what St. Ignatius called “contemplatives in action.” For all who sense that there is a missing peace in their lives, *Busy Lives & Restless Souls* will help them find it—right where they are.

You can find the book cover photo [here](#).

Read reviews of the book [here](#).

### *The Inner Chapel: Embracing the Promises of God*

Author: Becky Eldredge

Publisher: Loyola Press

Publication Date: April 13, 2020

ISBN: 979-0-8294-4933-4

Available in: [Paperback, eBook, & Audiobook](#)

Awards: 2021 Illumination Book Awards, Gold Medal: Spirituality; 2021 Association of Catholic Publishers Excellence in Publishing Awards, Second Place: Spirituality; 2021 Catholic Media Association Book Award Winners, Honorable Mention: Books About Prayer and Third Place: Healing & Self Help

Description: Becky Eldredge invites you to discover a deeper and more fulfilling prayer life in *The Inner Chapel: Embracing the Promises of God*. By drawing on the wisdom and practices of Ignatian spirituality, she guides readers seeking an inner closeness and intimacy with God. *The Inner Chapel* demonstrates that a relationship with a loving God is available to all who seek it.

You can find the book cover photo [here](#).

Read reviews of the book [here](#).